



Grilled Sour Cream and Onion Burgers

READY IN



25 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs plain
- 2 lb ground beef 80% lean (at least)
- 1 Leaf lettuce
- 1 oz onion soup mix
- 0.1 teaspoon pepper
- 8 sandwich rolls split cut into 8 wedges (10 inches in diameter)
- 1 cup cream sour

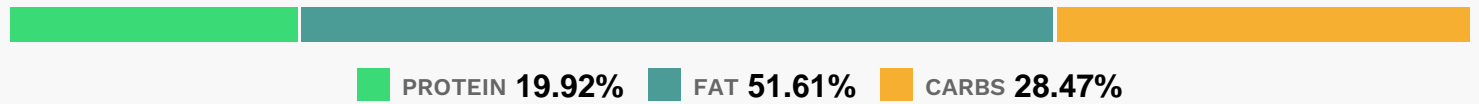
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In large bowl, mix all ingredients except buns and lettuce. Shape mixture into 8 patties, about 1/2 inch thick.
- Place patties on grill. Cover grill; cook over medium heat 10 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160F.
- Serve with lettuce in buns.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:18.135217272717%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 549.23kcal (27.46%), Fat: 31.08g (47.82%), Saturated Fat: 12.04g (75.22%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 36.72g (13.35%), Sugar: 2.59g (2.88%), Cholesterol: 97.48mg (32.49%), Sodium: 729.08mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.99%), Selenium: 42.24µg (60.34%), Vitamin B12: 2.51µg (41.85%), Vitamin B3: 7.74mg (38.69%), Zinc: 5.51mg (36.73%), Phosphorus: 276.88mg (27.69%), Vitamin B1: 0.4mg (26.84%), Vitamin B2: 0.44mg (26.17%), Iron: 4.47mg (24.82%), Vitamin B6: 0.43mg (21.37%), Manganese: 0.37mg (18.38%), Folate: 71.33µg (17.83%), Potassium: 444.28mg (12.69%), Calcium: 121.34mg (12.13%), Magnesium: 42.69mg (10.67%), Copper: 0.2mg (9.88%), Vitamin B5: 0.97mg (9.68%), Fiber: 1.87g (7.47%), Vitamin E: 0.83mg (5.5%), Vitamin A: 184.84IU (3.7%), Vitamin K: 3.6µg (3.43%)