



Ground Beef Bar-b-que



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 small bell pepper green finely chopped
- ☐ 1.5 tablespoons catsup
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon mustard prepared
- ☐ 1 small onion grated
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1 tablespoon worcestershire sauce

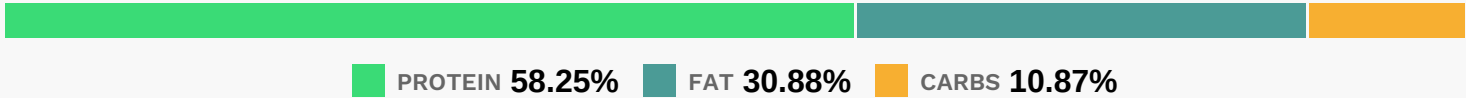
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil grate.
- ☐ In a large bowl, combine ground beef, ketchup, mustard, Worcestershire sauce, vinegar, grated onion and bell pepper.
- ☐ Mix well and shape into patties.
- ☐ Place burgers on grill and cook for 3 to 4 minutes per side, or until done.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:12.646956511166%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 176.17kcal (8.81%), Fat: 5.84g (8.98%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.64g (2.94%), Cholesterol: 70.31mg (23.44%), Sodium: 223.42mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin B12: 2.54µg (42.34%), Zinc: 5.86mg (39.04%), Vitamin B3: 6.43mg (32.13%), Selenium: 21.17µg (30.25%), Vitamin B6: 0.5mg (24.89%), Phosphorus: 239.68mg (23.97%), Iron: 3.07mg (17.07%), Potassium: 489.61mg (13.99%), Vitamin B2: 0.21mg (12.19%), Vitamin C: 9.53mg (11.55%), Vitamin B5: 0.77mg (7.73%), Magnesium: 30.75mg (7.69%), Copper: 0.12mg (5.83%), Vitamin B1: 0.07mg (4.7%), Manganese: 0.07mg (3.43%), Vitamin E: 0.45mg (3.03%), Folate: 11.03µg (2.76%), Fiber: 0.63g (2.53%), Calcium: 23.15mg (2.31%), Vitamin A: 69.45IU (1.39%), Vitamin K: 1.36µg (1.3%)