



Hamburgers by Eddie



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 2 teaspoons garlic minced
- ☐ 1 pound ground beef
- ☐ 1 tablespoon steak sauce

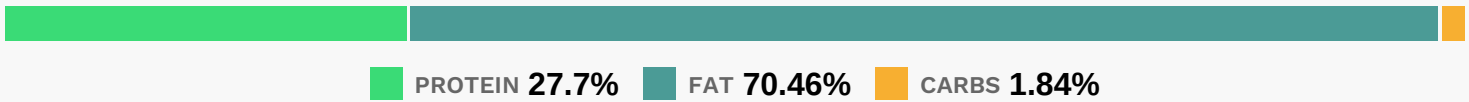
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat an outdoor grill for high heat.
- ☐ In a medium bowl, mix together the ground beef, egg, and garlic.
- ☐ Mix in steak sauce until mixture is sticky feeling. Form into 3 or 4 balls, and flatten into patties.
- ☐ Grill for about 10 minutes, turning once, or to your desired degree of doneness. The internal temperature should be at 180 degrees F (82 degrees C) when taken with a meat thermometer.
- ☐ Serve on buns with the usual trimmings.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:10.72695652687%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 309.56kcal (15.48%), Fat: 23.74g (36.53%), Saturated Fat: 9.05g (56.54%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.42g (0.47%), Cholesterol: 121.43mg (40.48%), Sodium: 153.73mg (6.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Vitamin B12: 2.52µg (42.08%), Zinc: 4.91mg (32.75%), Selenium: 20.63µg (29.47%), Vitamin B3: 4.85mg (24.23%), Phosphorus: 204.48mg (20.45%), Vitamin B6: 0.41mg (20.38%), Iron: 2.47mg (13.72%), Vitamin B2: 0.22mg (13.05%), Potassium: 339.07mg (9.69%), Vitamin B5: 0.75mg (7.47%), Magnesium: 21.61mg (5.4%), Copper: 0.09mg (4.43%), Vitamin E: 0.63mg (4.17%), Vitamin B1: 0.06mg (3.83%), Folate: 13.45µg (3.36%), Calcium: 30mg (3%), Manganese: 0.05mg (2.3%), Vitamin D: 0.33µg (2.22%), Vitamin K: 2.18µg (2.08%), Vitamin A: 70.6IU (1.41%)