



Hearty Hoedown Grilled Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped (1 small)
- 0.3 cup bell pepper green finely chopped
- 2 tablespoons worcestershire sauce
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon garlic powder
- 0.3 teaspoon pepper
- 1 oz processed cheese food

- 6 hawaiian rolls split
- 0.3 cup sandwich rolls (from 16-oz jar)
- 1 slices onion red

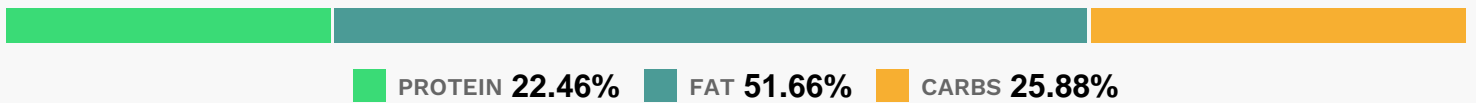
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In medium bowl, mix ground beef, onion, bell pepper, Worcestershire sauce, seasoned salt, garlic powder and pepper until well blended. Shape mixture into 6 patties, 1/2 inch thick.
- Place patties on grill. Cover grill; cook over medium heat 13 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. To toast buns, place cut sides down on grill during last 1 to 2 minutes of cooking time. Top each patty with cheese slice; cook just until cheese is melted.
- Spread cut sides of toasted buns with sandwich spread; top with onion slices.
- Place cheese-topped patties in buns.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:13.2, Inflammation Score:-4, Nutrition Score:17.016521850358%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 465.96kcal (23.3%), Fat: 26.32g (40.49%), Saturated Fat: 9.99g (62.42%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 28.29g (10.29%), Sugar: 4.66g (5.18%), Cholesterol: 85.24mg (28.41%), Sodium: 689.3mg (29.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.5%), Selenium: 33.66µg (48.09%), Vitamin B12: 2.58µg (43.06%), Vitamin B3: 7.11mg (35.54%), Zinc: 5.31mg (35.43%), Phosphorus: 272.22mg (27.22%), Iron: 4.4mg (24.47%), Vitamin B1: 0.35mg (23.01%), Vitamin B6: 0.44mg (21.79%), Vitamin B2: 0.35mg (20.76%), Manganese: 0.33mg (16.73%), Folate: 61.65µg (15.41%), Calcium: 151.23mg (15.12%), Potassium: 455.85mg (13.02%), Vitamin C: 8.78mg (10.65%), Magnesium: 36.08mg (9.02%), Copper: 0.16mg (7.9%), Vitamin B5: 0.65mg (6.54%), Fiber: 1.38g (5.5%), Vitamin K: 5.14µg (4.89%), Vitamin E: 0.7mg (4.67%), Vitamin A: 80.87IU (1.62%)