



Horseradish Buffalo Burger

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.8 ounce cheddar cheese
- ☐ 4 servings coarse salt and ground pepper
- ☐ 1.5 pound ground bison meat
- ☐ 5 tablespoon bottled horseradish white
- ☐ 1 leaf toppings: lettuce sliced
- ☐ 2 tablespoon worcestershire sauce

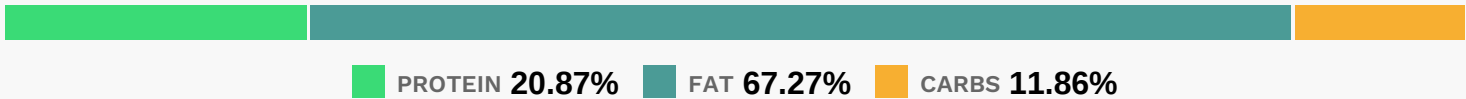
Equipment

- ☐ grill

Directions

- ☐ Gently form meat into 4 equal-size patties, 4 inches in diameter and 1 inch thick. With thumb, make a ½-inch-deep indentation in the center of each patty (this helps the burgers sit flat on the grill with more area in contact).Season burgers with salt and pepper. Grill 4 to 7 minutes per side for medium-rare, placing cheese on second side for last 3 to 4 minutes of cooking.
- ☐ Serve on English muffins (toasted on grill, if you like), with toppings.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:5.6126086349073%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 154.62kcal (7.73%), Fat: 11.7g (18%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4g (1.45%), Sugar: 2.5g (2.78%), Cholesterol: 34.02mg (11.34%), Sodium: 605.73mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Calcium: 260.59mg (26.06%), Phosphorus: 167.12mg (16.71%), Selenium: 10.2µg (14.57%), Vitamin B2: 0.17mg (9.77%), Zinc: 1.42mg (9.49%), Vitamin A: 358IU (7.16%), Vitamin C: 5.83mg (7.07%), Vitamin B12: 0.36µg (6.01%), Folate: 19.09µg (4.77%), Potassium: 143.18mg (4.09%), Magnesium: 15.5mg (3.87%), Iron: 0.59mg (3.3%), Fiber: 0.64g (2.57%), Copper: 0.04mg (1.99%), Vitamin B6: 0.04mg (1.9%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.16mg (1.6%), Vitamin K: 1.63µg (1.55%), Manganese: 0.03mg (1.5%), Vitamin D: 0.2µg (1.36%), Vitamin B1: 0.02mg (1.21%)