



Horseradish Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parsley fresh finely chopped
- 2 tablespoons green onion finely chopped
- 1.5 pounds ground beef
- 4 hamburger buns split toasted
- 2 tablespoons horseradish prepared
- 4 slices muenster cheese
- 0.5 cup steak sauce

Equipment

bowl

grill

Directions

Heat an outdoor grill for high heat.

In a bowl, mix 6 tablespoons steak sauce, horseradish, parsley, and green onion. Form the ground beef into 4 patties.

Brush the patties with the remaining steak sauce.

Place patties on the grill, and brush with the remaining steak sauce. Grill for 6 to 8 minutes per side, or until meat is no longer pink. Top with Muenster cheese and the horseradish sauce, and serve on buns.

Nutrition Facts


PROTEIN 23.9% **FAT 58.69%** **CARBS 17.41%**

Properties

Glycemic Index:47, Glycemic Load:13.24, Inflammation Score:-6, Nutrition Score:25.586956335151%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 688.36kcal (34.42%), Fat: 44.24g (68.06%), Saturated Fat: 18.77g (117.32%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 27.93g (10.16%), Sugar: 7.03g (7.81%), Cholesterol: 147.65mg (49.22%), Sodium: 1022.08mg (44.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.53g (81.06%), Vitamin B12: 4.14µg (68.96%), Selenium: 41.74µg (59.62%), Zinc: 8.41mg (56.04%), Vitamin B3: 9.36mg (46.78%), Phosphorus: 457.55mg (45.76%), Vitamin K: 45.58µg (43.41%), Vitamin B6: 0.63mg (31.61%), Calcium: 308.02mg (30.8%), Iron: 5.49mg (30.52%), Vitamin B2: 0.49mg (28.89%), Vitamin B1: 0.32mg (21.62%), Potassium: 679.09mg (19.4%), Folate: 67.28µg (16.82%), Manganese: 0.33mg (16.29%), Magnesium: 55.01mg (13.75%), Vitamin A: 569.35IU (11.39%), Copper: 0.22mg (11.24%), Vitamin C: 7.66mg (9.28%), Vitamin B5: 0.92mg (9.24%), Vitamin E: 1.26mg (8.4%), Fiber: 1.61g (6.43%), Vitamin D: 0.34µg (2.25%)