



Horseradish Hamburgers

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground sirloin
- 1.5 tablespoons horseradish prepared
- 0.3 cup italian-seasoned breadcrumbs
- 2 inch purple onion
- 9 ounce kaiser rolls split toasted

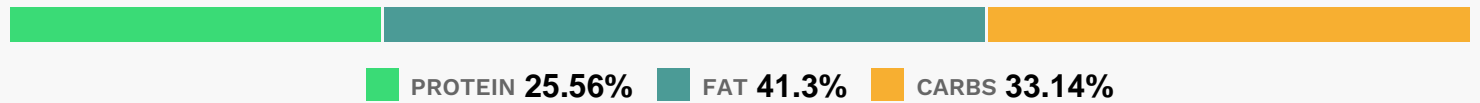
Equipment

- grill

Directions

- Combine first 3 ingredients, stirring well; shape into 4 (1/2-inch-thick) patties.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place meat patties and onion slices on rack; grill, covered, 5 minutes on each side or until meat is done.
- Place 1 patty and 1 onion slice on bottom half of each roll. If desired, add mustard and ketchup. Top with remaining roll half.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:20.81, Inflammation Score:-1, Nutrition Score:14.029130418663%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 431.38kcal (21.57%), Fat: 19.44g (29.9%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 33.57g (12.21%), Sugar: 4.82g (5.36%), Cholesterol: 77.19mg (25.73%), Sodium: 461.52mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Iron: 12.33mg (68.52%), Vitamin B12: 2.49µg (41.45%), Zinc: 5.24mg (34.91%), Vitamin B3: 5.76mg (28.79%), Selenium: 19.93µg (28.48%), Phosphorus: 209.3mg (20.93%), Vitamin B6: 0.41mg (20.54%), Vitamin B2: 0.21mg (12.07%), Potassium: 367.54mg (10.5%), Vitamin B1: 0.12mg (8.05%), Vitamin B5: 0.68mg (6.76%), Magnesium: 25.51mg (6.38%), Fiber: 1.53g (6.13%), Copper: 0.1mg (4.9%), Folate: 19.18µg (4.79%), Vitamin K: 5µg (4.76%), Manganese: 0.09mg (4.69%), Calcium: 39.84mg (3.98%), Vitamin E: 0.44mg (2.93%), Vitamin C: 1.7mg (2.06%)