

Ima Burgers



Dairy Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp ground pepper to taste ()
- ☐ 1.5 tsp cumin
- ☐ 1 eggs
- ☐ 1.5 tbsp olive oil extra virgin
- ☐ 0.3 cup parsley fresh finely minced
- ☐ 0.3 tsp garlic powder
- ☐ 1 lb ground beef lean
- ☐ 0.3 cup mayonnaise

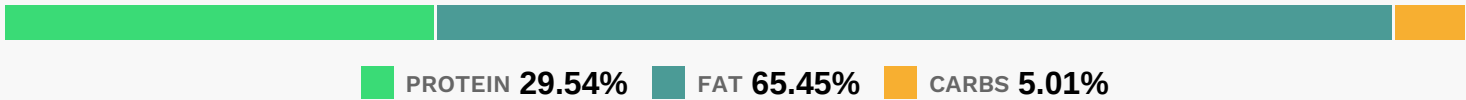
- ☐ 2 tbsp onion finely minced
- ☐ 8 servings salt and pepper
- ☐ 2 tsp sriracha
- ☐ 1 slice sandwich bread white

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Ima Burgers
- ☐ Ingredients1 lb lean ground beef1 slice white bread, crust removed1 1/2 tbsp Extra virgin olive oil1/4 cup fresh flat-leaf parsley or cilantro, finely minced2 tbsp onion, very finely minced1 egg1 1/2 tsp cumin1/4 tsp garlic powder1/4 tsp cayenne pepper (or more to taste)Salt and pepper
- ☐ Vegetable oil, for frying (optional)Sriracha Mayo Sauce ingredients1/3 cup good quality mayonnaise2 tsp sriracha sauce
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 20 Minutes
- ☐ Total Time: 35 Minutes
- ☐ Servings: About 8 burgers
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:1.21, Inflammation Score:-3, Nutrition Score:9.3208696738533%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 184.36kcal (9.22%), Fat: 13.19g (20.3%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.39g (0.44%), Cholesterol: 59.53mg (19.84%), Sodium: 346.82mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.79%), Vitamin K: 47.84µg (45.56%), Vitamin B12: 1.33µg (22.17%), Zinc: 3.05mg (20.31%), Selenium: 12.56µg (17.94%), Vitamin B3: 3.32mg (16.61%), Phosphorus: 133.03mg (13.3%), Vitamin B6: 0.25mg (12.32%), Iron: 1.97mg (10.96%), Vitamin B2: 0.13mg (7.71%), Potassium: 234.12mg (6.69%), Vitamin E: 0.95mg (6.36%), Vitamin B5: 0.49mg (4.94%), Vitamin A: 223.91IU (4.48%), Vitamin C: 3.65mg (4.42%), Magnesium: 16.86mg (4.21%), Vitamin B1: 0.05mg (3.23%), Folate: 12.9µg (3.22%), Copper: 0.06mg (3.07%), Manganese: 0.05mg (2.41%), Calcium: 22.58mg (2.26%), Vitamin D: 0.19µg (1.24%)