



## Indonesian-Style Burgers with Peanut Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons ginger fresh grated peeled
- 4 hotdog buns
- 0.5 teaspoon pepper dried red hot
- 4 teaspoons soya sauce
- 2 tablespoons juice of lime fresh
- 6 tablespoons creamy peanut butter
- 3 tablespoons cream sour
- 1.3 pounds ground beef
- 2 tablespoons cilantro leaves fresh chopped

- 4 romaine leaves

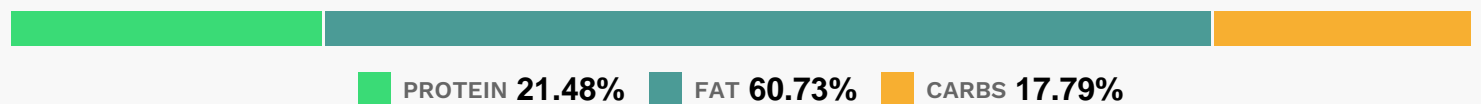
## Equipment

- bowl
- frying pan
- grill
- grill pan

## Directions

- In a small bowl stir together peanut butter, sour cream, 1 tablespoon lime juice, and 2 teaspoons soy sauce until combined. In a large bowl blend together ground chuck, remaining 2 teaspoons soy sauce, remaining tablespoon lime juice, coriander, gingerroot, red pepper flakes, and salt and pepper to taste until just combined. Form mixture into four 1-inch-thick patties. When forming patties, handle meat as little as possible for a juicier burger.
- Prepare grill.
- Grill burgers on an oiled rack set 5 to 6 inches over glowing coals about 4 1/2 minutes on each side for well-done. (Alternatively, burgers may be cooked in a hot well-seasoned cast-iron skillet or ridged grill pan.) Toast sesame buns.
- Transfer burgers to buns and top with peanut sauce and lettuce.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:13.38, Inflammation Score:-9, Nutrition Score:24.591304299624%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 650.34kcal (32.52%), Fat: 44.08g (67.81%), Saturated Fat: 14.58g (91.1%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 26.71g (9.71%), Sugar: 6.43g (7.14%), Cholesterol: 105.95mg (35.32%), Sodium: 757.02mg

(32.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.14%), Vitamin B3: 11.35mg (56.75%), Vitamin B12: 3.14µg (52.29%), Selenium: 34.4µg (49.14%), Zinc: 6.97mg (46.46%), Vitamin A: 1924.83IU (38.5%), Phosphorus: 372.08mg (37.21%), Manganese: 0.71mg (35.64%), Vitamin B6: 0.64mg (32.04%), Iron: 5.05mg (28.04%), Vitamin B2: 0.43mg (25.54%), Vitamin B1: 0.36mg (23.8%), Vitamin E: 3.11mg (20.72%), Magnesium: 82.31mg (20.58%), Folate: 82.31µg (20.58%), Potassium: 659.3mg (18.84%), Copper: 0.25mg (12.53%), Calcium: 119.57mg (11.96%), Vitamin B5: 1.03mg (10.33%), Fiber: 2.35g (9.39%), Vitamin C: 7.31mg (8.86%), Vitamin K: 5.73µg (5.46%)