



Italian-style Burgers

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs
- 1 teaspoon garlic powder
- 2 pounds ground round
- 8 hamburger buns
- 2 teaspoons hot sauce
- 0.3 cup italian-seasoned breadcrumbs
- 1 slices toppings: lettuce
- 1 teaspoon onion powder

- 1 teaspoon pepper
- 1 teaspoon salt
- 8 servings tomato-basil mayonnaise

Equipment

- grill

Directions

- Combine first 8 ingredients. Shape into 8 (4-ounce) patties.
- Grill patties, covered with grill lid, over medium-high heat (350 to 400) minutes on each side or until beef is no longer pink.
- Spray cut sides of buns with cooking spray; place buns, cut sides down, on cooking grate, and grill 2 minutes or until lightly browned.
- Serve hamburgers on buns with desired toppings and Tomato-Basil Mayonnaise.

Nutrition Facts

PROTEIN 28.6% **FAT 35.74%** **CARBS 35.66%**

Properties

Glycemic Index:16.38, Glycemic Load:12.92, Inflammation Score:-6, Nutrition Score:19.106086943461%

Nutrients (% of daily need)

Calories: 435.7kcal (21.78%), Fat: 16.84g (25.91%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 32.71g (11.89%), Sugar: 12.41g (13.79%), Cholesterol: 97mg (32.33%), Sodium: 1133.82mg (49.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.64%), Selenium: 33.5µg (47.86%), Vitamin B12: 2.66µg (44.35%), Zinc: 5.91mg (39.38%), Vitamin B3: 7.79mg (38.97%), Iron: 5.1mg (28.32%), Phosphorus: 273.98mg (27.4%), Potassium: 845.69mg (24.16%), Vitamin B6: 0.47mg (23.65%), Vitamin B1: 0.32mg (21.54%), Vitamin B2: 0.35mg (20.63%), Fiber: 5.1g (20.39%), Manganese: 0.33mg (16.4%), Vitamin A: 795.03IU (15.9%), Folate: 55.1µg (13.77%), Calcium: 128.5mg (12.85%), Vitamin C: 7.47mg (9.06%), Magnesium: 36.11mg (9.03%), Vitamin B5: 0.8mg (8.03%), Copper: 0.15mg (7.48%), Vitamin K: 5.19µg (4.94%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.24µg (1.59%)