



It's All In The Burger

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 4 egg yolks
- ☐ 3 pounds ground beef
- ☐ 4 teaspoons ground pepper black
- ☐ 0.5 cup catsup
- ☐ 1 cup mushrooms chopped
- ☐ 2 tablespoons horseradish mustard
- ☐ 1 cup onion red finely chopped

- ☐ 1 tablespoon sea salt
- ☐ 0.3 cup worcestershire sauce

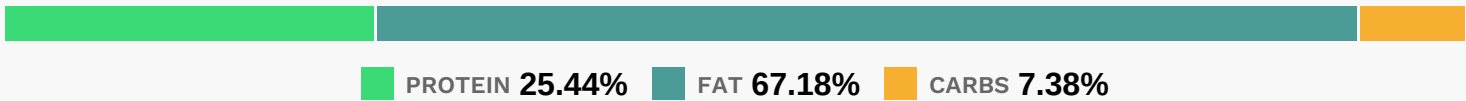
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Heat butter in a skillet over medium heat and cook and stir red onion until soft and translucent, about 5 minutes.
- ☐ Mix ground beef, cooked onion, mushrooms, ketchup, egg yolks, Worcestershire sauce, horseradish mustard, black pepper, and sea salt in a large bowl until thoroughly combined.
- ☐ Form the mixture into six 3/4-inch thick patties and cook in a large skillet over medium heat until burgers are juicy and browned, 5 to 7 minutes per side. An instant-read meat thermometer inserted into the center of a patty should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:24.971739126288%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 670.28kcal (33.51%), Fat: 49.53g (76.2%), Saturated Fat: 19.03g (118.93%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.02g (4.01%), Sugar: 7g (7.78%), Cholesterol: 292.42mg (97.47%), Sodium: 1713.3mg (74.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.2g (84.41%), Vitamin B12: 5.1µg (84.92%), Zinc: 9.99mg

(66.61%), Selenium: 44.33µg (63.34%), Vitamin B3: 10.61mg (53.04%), Phosphorus: 446.41mg (44.64%), Vitamin B6: 0.86mg (43.11%), Iron: 5.76mg (32%), Vitamin B2: 0.52mg (30.86%), Potassium: 888.77mg (25.39%), Vitamin B5: 1.81mg (18.14%), Manganese: 0.28mg (14.24%), Copper: 0.27mg (13.56%), Magnesium: 52.08mg (13.02%), Folate: 44.5µg (11.13%), Vitamin B1: 0.17mg (11%), Vitamin E: 1.6mg (10.66%), Calcium: 88.15mg (8.82%), Vitamin K: 7.3µg (6.96%), Vitamin A: 316.89IU (6.34%), Vitamin D: 0.91µg (6.05%), Vitamin C: 4.64mg (5.62%), Fiber: 1.23g (4.9%)