

Kamikaze Burgers

READY IN



50 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices cheddar cheese
- 2 cloves garlic minced
- 4 hamburger buns
- 1 pound ground beef lean
- 4 tablespoons mayonnaise
- 0.3 cup onion minced
- 4 servings salt and pepper to taste
- 4 tablespoons wasabi paste

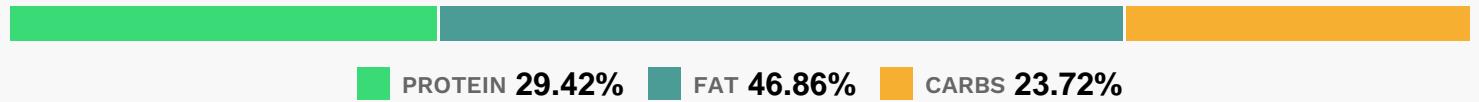
Equipment

- bowl
- grill

Directions

- In a large bowl, mix ground beef, onion and garlic. Season with salt and pepper, and shape into 4 patties.
- Preheat an outdoor grill for medium heat, and lightly oil grate.
- Place patties on the prepared grill, and cook 5 minutes per side, or to desired doneness.
- Prepare buns by spreading 1 tablespoon of wasabi on the bottom half, and 1 tablespoon mayonnaise on the top half. Top burgers with a slice of cheese, and sandwich inside the buns.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:13.37, Inflammation Score:-5, Nutrition Score:20.680434667546%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 462.47kcal (23.12%), Fat: 23.72g (36.48%), Saturated Fat: 7.82g (48.88%), Carbohydrates: 27g (9%), Net Carbohydrates: 24.85g (9.04%), Sugar: 3.71g (4.12%), Cholesterol: 93.19mg (31.06%), Sodium: 684.34mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.5g (67%), Selenium: 36.82µg (52.61%), Vitamin B12: 2.82µg (47.05%), Zinc: 7.01mg (46.72%), Vitamin B3: 8.17mg (40.85%), Phosphorus: 365.95mg (36.6%), Vitamin B6: 0.56mg (27.81%), Iron: 4.43mg (24.63%), Vitamin K: 25.7µg (24.47%), Vitamin B2: 0.41mg (24.08%), Calcium: 217.77mg (21.78%), Vitamin B1: 0.31mg (20.9%), Manganese: 0.35mg (17.45%), Potassium: 566.56mg (16.19%), Folate: 55µg (13.75%), Magnesium: 51.3mg (12.82%), Vitamin C: 8.05mg (9.76%), Vitamin B5: 0.87mg (8.74%), Copper: 0.17mg (8.71%), Fiber: 2.15g (8.58%), Vitamin E: 1.02mg (6.82%), Vitamin A: 185.46IU (3.71%), Vitamin D: 0.24µg (1.62%)