



# Killer Steak Burgers with Black Pepper Mayo and Crispy Onions

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 lb ground beef 80% lean (at least )
- 0.3 cup steak sauce
- 1 teaspoon salt
- 1 teaspoon pepper
- 1.3 cups fried onions (from 6-oz can)
- 0.3 cup salad dressing
- 4 hawaiian rolls split

1 cup lettuce shredded

## Equipment

bowl

grill

kitchen thermometer

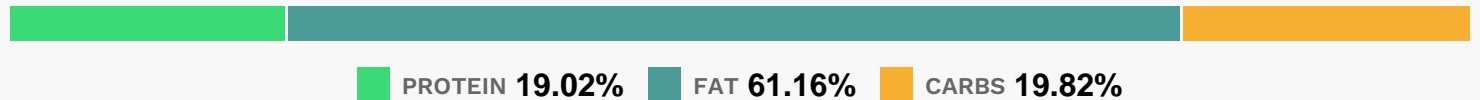
## Directions

Heat gas or charcoal grill. In large bowl, mix beef, steak sauce, salt, 1/2 teaspoon of the pepper and 1/2 cup of the onions. Shape mixture into 4 patties, 1/2 inch thick. In small bowl, mix mayonnaise and remaining 1/2 teaspoon pepper, set aside.

Place patties on grill over medium heat. Cover grill; cook 11 to 13 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. During last 2 minutes of cooking, place buns, cut sides down, on grill until toasted.

Spread mayonnaise mixture on cut sides of buns. Top with remaining 3/4 cup onions, the lettuce and burgers. Cover with top halves of buns.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:13.04, Inflammation Score:-3, Nutrition Score:20.929565134256%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 726.18kcal (36.31%), Fat: 48.41g (74.48%), Saturated Fat: 17.64g (110.26%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 33.97g (12.35%), Sugar: 7.05g (7.84%), Cholesterol: 120.77mg (40.26%), Sodium: 1493.27mg (64.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.77%), Vitamin B12: 3.73µg (62.1%), Selenium: 37.76µg (53.95%), Zinc: 7.52mg (50.15%), Vitamin B3: 9.18mg (45.88%), Phosphorus: 324.38mg (32.44%), Vitamin B6: 0.61mg (30.68%), Iron: 5.16mg (28.64%), Vitamin B2: 0.39mg (23.11%), Vitamin B1: 0.32mg (21.57%),

Vitamin K: 21.57µg (20.55%), Manganese: 0.37mg (18.72%), Potassium: 606.34mg (17.32%), Folate: 58.81µg (14.7%), Magnesium: 44.42mg (11.11%), Calcium: 103.7mg (10.37%), Copper: 0.19mg (9.69%), Vitamin E: 1.45mg (9.67%), Vitamin B5: 0.88mg (8.77%), Fiber: 1.34g (5.35%), Vitamin A: 144.09IU (2.88%), Vitamin C: 2.14mg (2.6%), Vitamin D: 0.17µg (1.13%)