



Korean Barbecue Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons brown sugar
- ☐ 1 tablespoon sesame oil dark
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 1.5 pounds ground sirloin
- ☐ 9 ounce hamburger buns whole wheat split

- ☐ 6 leaf lettuce leaves red
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 6 tablespoons radishes thinly sliced

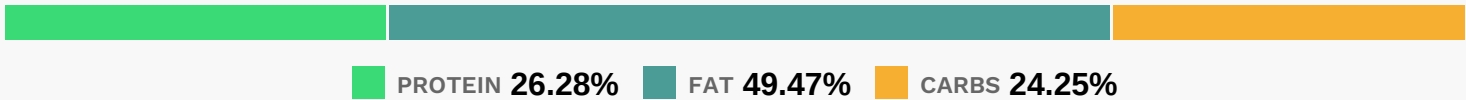
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 8 ingredients. Divide the mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 6 minutes on each side or until a thermometer registers 16
- ☐ Remove from grill; let patties stand 5 minutes.
- ☐ Place buns, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 1 lettuce leaf, 1 tablespoon radishes, and top half of bun.
- ☐ Beer note: With their gingery Asian spice, these burgers call for a classic brown ale like Samuel Smith Nut Brown Ale (\$10 for four 12-ounce bottles). With a moderate five percent alcohol and a nicely rounded taste, this beer's toasted nut flavor complements the burgers' nutty sesame oil essence. Darker beers are also a great match with the crisp snap of radishes. -- Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:17.996956597204%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 9.33mg, Pelargonidin: 9.33mg, Pelargonidin: 9.33mg, Pelargonidin: 9.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 400.7kcal (20.04%), Fat: 21.97g (33.81%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.01g (8%), Sugar: 6.12g (6.8%), Cholesterol: 77.11mg (25.7%), Sodium: 566.22mg (24.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.54%), Selenium: 31.83µg (45.47%), Vitamin B12: 2.46µg (41.08%), Zinc: 5.69mg (37.91%), Vitamin B3: 7.37mg (36.87%), Manganese: 0.55mg (27.32%), Phosphorus: 267.9mg (26.79%), Iron: 4.41mg (24.49%), Vitamin B6: 0.48mg (23.89%), Vitamin K: 22.24µg (21.18%), Vitamin B2: 0.34mg (19.92%), Vitamin B1: 0.26mg (17.16%), Folate: 67.2µg (16.8%), Potassium: 507.52mg (14.5%), Magnesium: 49.47mg (12.37%), Copper: 0.2mg (9.85%), Vitamin B5: 0.91mg (9.05%), Fiber: 2.23g (8.93%), Calcium: 75.15mg (7.52%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.57mg (3.79%), Vitamin A: 160.04IU (3.2%)