



LaMama Raisin Burgers

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic chopped
- 3 pounds ground beef
- 6 hawaiian rolls
- 1 onion chopped
- 1 cup raisins
- 6 servings salt and pepper to taste
- 1 tablespoon worcestershire sauce to taste

Equipment

- bowl
- frying pan
- grill

Directions

- Preheat a grill for medium heat.
- In a large bowl, combine the ground beef, raisins, onion, garlic, salt, pepper and Worcestershire sauce.
- Mix lightly using your hands, then divide into 6 portions. Flatten each portion into a patty.
- Place burgers on the grill and cook for about 7 minutes per side, or until well done. If you do not wish to grill, fry patties in a skillet over medium heat.
- Serve on buns with your favorite toppings.

Nutrition Facts

■ PROTEIN **22.77%** ■ FAT **54.93%** ■ CARBS **22.3%**

Properties

Glycemic Index:29.63, Glycemic Load:23.53, Inflammation Score:-3, Nutrition Score:25.726087230541%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 778.57kcal (38.93%), Fat: 47.19g (72.61%), Saturated Fat: 17.82g (111.35%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 40.34g (14.67%), Sugar: 4.2g (4.67%), Cholesterol: 161.03mg (53.68%), Sodium: 602.67mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.02g (88.03%), Vitamin B12: 4.94µg (82.32%), Zinc: 9.89mg (65.91%), Selenium: 46.11µg (65.87%), Vitamin B3: 11.7mg (58.51%), Phosphorus: 428.44mg (42.84%), Vitamin B6: 0.84mg (41.97%), Iron: 6.71mg (37.27%), Vitamin B2: 0.52mg (30.42%), Potassium: 917.67mg (26.22%), Vitamin B1: 0.37mg (24.7%), Manganese: 0.37mg (18.29%), Folate: 60.76µg (15.19%), Magnesium: 58.15mg (14.54%), Copper: 0.27mg (13.71%), Calcium: 118.69mg (11.87%), Vitamin B5: 1.18mg (11.78%), Fiber: 2.75g (11%), Vitamin E: 1.05mg (7.02%), Vitamin K: 6.26µg (5.97%), Vitamin C: 3.9mg (4.73%), Vitamin D: 0.23µg (1.51%)