

DINNER

Marmalade-Glazed Beef Patties

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	4	\$2.00	655 kcal

If you want to add more dairy free recipes to your collection, Marmalade-Glazed Beef Patties might be a recipe you should try. One portion of this dish contains roughly 32g of protein, 25g of fat, and a total of 861 calories.

Ingredients

☐ 4 servings Hot cooked rice	☐ ½ cup fine, dry breadcrumbs
☐ 1 large egg	☐ 1 garlic clove, pressed
☐ 1 pound ground beef	☐ 2 tablespoons prepared horseradish
☐ 2 tablespoons lemon juice	☐ 2/3 cup orange marmalade
☐ ½ teaspoon salt	☐ 1/3 cup soy sauce
☐ ½ cup water	☐ 8 ounce water chestnuts, drained and diced canned

EQUIPMENT Frying pan

Method

- 1 Combine first 6 ingredients; shape into 4 patties.
- 2 Cook patties in a large nonstick skillet over medium-high heat 2 minutes on each side or until browned; remove from skillet.
- 3 Add orange marmalade and next 4 ingredients to skillet. Bring to a boil over medium heat; cook, stirring constantly, 6 minutes.

- 4 Add patties; reduce heat to low, and simmer 10 minutes.
- 5 Serve over rice.

Nutrition per serving

655	28 g	25 g	81 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9.3 g · 58% of daily needs
Fibre			4 g · 16% of daily needs
Sugar			36.2 g · 40% of daily needs
Sodium			1,634 mg · 71% of daily needs
Cholesterol			127 mg · 42% of daily needs
Vitamin C			8.7 mg · 11% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/marmalade-glazed-beef-patties-144436