



Meat and Veggie Burgers



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 lb ground beef lean
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 4 oz pkt spinach 100%

Equipment

- bowl
- grill

kitchen thermometer

Directions

Heat grill. In bowl, mix all ingredients. Shape mixture into 4 patties, 1/2 inch thick.

Place patties on grill over medium heat. Cover grill; cook 10–12 min, turning once, until meat thermometer inserted in center of patties reads 160F.

Nutrition Facts



PROTEIN 61.59% **FAT 35.74%** **CARBS 2.67%**

Properties

Glycemic Index:16, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:21.680869506753%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 177.76kcal (8.89%), Fat: 6.83g (10.51%), Saturated Fat: 2.91g (18.22%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.16g (0.18%), Cholesterol: 111.23mg (37.08%), Sodium: 403.56mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin K: 137.4µg (130.86%), Vitamin A: 2718.08IU (54.36%), Vitamin B12: 2.64µg (43.97%), Zinc: 6.07mg (40.44%), Selenium: 23.4µg (33.42%), Vitamin B3: 6.44mg (32.22%), Phosphorus: 260.3mg (26.03%), Vitamin B6: 0.52mg (25.93%), Iron: 3.67mg (20.38%), Vitamin B2: 0.29mg (16.85%), Folate: 65.85µg (16.46%), Potassium: 566.62mg (16.19%), Manganese: 0.28mg (13.87%), Magnesium: 48.78mg (12.19%), Vitamin C: 7.97mg (9.66%), Vitamin B5: 0.92mg (9.16%), Vitamin E: 1.01mg (6.73%), Copper: 0.13mg (6.66%), Vitamin B1: 0.07mg (4.87%), Calcium: 44.89mg (4.49%), Fiber: 0.64g (2.56%), Vitamin D: 0.33µg (2.22%)