



Mini Burgers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 pound ground beef lean
- ☐ 1 tablespoon olive oil divided

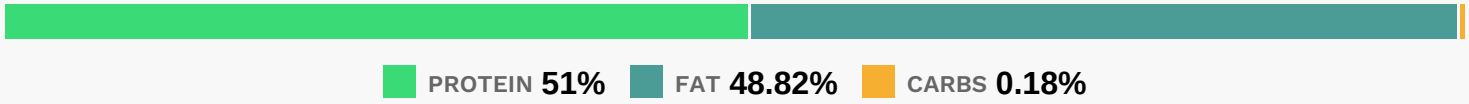
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐
- Place meat in a medium bowl; stir in parsley and salt. Form mixture into 12 Mini Burgers.
- ☐
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Fry burgers, in 2 batches, 3 minutes on each side or until done. Repeat with remaining oil and burgers.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0869565576963%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 49.27kcal (2.46%), Fat: 2.59g (3.98%), Saturated Fat: 0.8g (5%), Carbohydrates: 0.02g (0.01%), Net Carbohydrates: 0.01g (0%), Sugar: 0g (0%), Cholesterol: 17.58mg (5.86%), Sodium: 67.37mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin B12: 0.63µg (10.58%), Zinc: 1.45mg (9.64%), Vitamin B3: 1.56mg (7.81%), Selenium: 4.93µg (7.05%), Vitamin K: 6.25µg (5.96%), Phosphorus: 56.33mg (5.63%), Vitamin B6: 0.11mg (5.57%), Iron: 0.7mg (3.9%), Potassium: 99.96mg (2.86%), Vitamin B2: 0.05mg (2.7%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.25mg (1.67%), Magnesium: 6.4mg (1.6%), Copper: 0.02mg (1.12%)