



## Mini Memphis Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon cayenne pepper
- 1 tablespoon dijon mustard
- 1 pound ground beef lean
- 3 tablespoons mayonnaise
- 0.5 teaspoon onion powder
- 12 potato rolls split
- 1 medium onion red sliced

- 0.3 teaspoon salt
- 12 servings salt and pepper black freshly ground

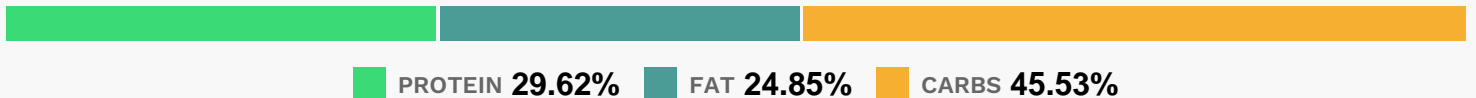
## Equipment

- bowl
- mixing bowl
- grill pan

## Directions

- Watch how to make this recipe.
- Preheat a flat top grill pan to high heat.
- Add sliced onion to grill pan and cook until tender, about 10 minutes.
- In a medium bowl, mix ground beef, onion powder, salt and freshly ground pepper. Make burgers equal in size, about 2-inches across.
- Cook burgers on the flat top for 3 to 4 minutes on each side.
- Serve on split rolls with grilled onions and mustard sauce.
- Mix all ingredients in a mixing bowl.

## Nutrition Facts



## Properties

Glycemic Index:17.08, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:8.4726087580556%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 210.77kcal (10.54%), Fat: 6.06g (9.33%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.71g (8.62%), Sugar: 5.42g (6.03%), Cholesterol: 24.91mg (8.3%), Sodium: 289.52mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.53%), Vitamin B3: 5.07mg (25.36%), Vitamin B1:

0.33mg (21.69%), Folate: 83.56µg (20.89%), Calcium: 157.67mg (15.77%), Iron: 2.77mg (15.4%), Vitamin B12: 0.85µg (14.18%), Vitamin B2: 0.24mg (13.85%), Zinc: 1.96mg (13.07%), Selenium: 7.15µg (10.22%), Vitamin B6: 0.16mg (8.17%), Phosphorus: 80.32mg (8.03%), Vitamin K: 6.18µg (5.88%), Fiber: 1.29g (5.15%), Potassium: 151.14mg (4.32%), Vitamin B5: 0.27mg (2.66%), Magnesium: 10.33mg (2.58%), Manganese: 0.04mg (2.1%), Copper: 0.04mg (1.85%), Vitamin E: 0.25mg (1.69%)