



Moroccan Hamburgers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 large eggs
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 2 pounds ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 medium onion finely chopped
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon salt

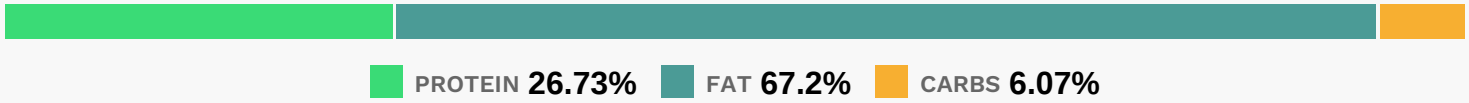
Equipment

- ☐ grill

Directions

- ☐ Combine all ingredients thoroughly; shape into 8 (4-inch) patties. Cover and chill at least 2 hours. (For investment cooking, freeze 5 to 6 months. Thaw before grilling.)
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 8 minutes on each side or until beef is no longer pink.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:14.069130581358%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 321.35kcal (16.07%), Fat: 23.63g (36.35%), Saturated Fat: 8.97g (56.04%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.05g (1.47%), Sugar: 0.92g (1.02%), Cholesterol: 103.76mg (34.59%), Sodium: 403.42mg (17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Vitamin K: 45.58µg (43.41%), Vitamin B12: 2.49µg (41.57%), Zinc: 4.97mg (33.15%), Selenium: 20.07µg (28.67%), Vitamin B3: 5.15mg (25.76%), Vitamin B6: 0.43mg (21.41%), Phosphorus: 207.71mg (20.77%), Iron: 2.98mg (16.53%), Vitamin B2: 0.23mg (13.29%), Vitamin A: 554.6IU (11.09%), Potassium: 381.31mg (10.89%), Vitamin B5: 0.73mg (7.34%), Magnesium: 26.64mg (6.66%), Vitamin B1: 0.1mg (6.57%), Manganese: 0.12mg (6.05%), Vitamin C: 4.9mg (5.94%), Folate: 21.6µg (5.4%), Copper: 0.1mg

(5.19%), Vitamin E: 0.74mg (4.95%), Calcium: 43.37mg (4.34%), Fiber: 0.76g (3.02%), Vitamin D: 0.24µg (1.59%)