



My Super-simple, Never-fail Dinner: Hamburger Salads

 Gluten Free  Popular

READY IN



10 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tbsp bacon fat
- 1 pound ground beef grass-fed
- 6 servings catsup homemade (get the recipe here)
- 6 servings mayonnaise homemade
- 2 medium toppings: such as pickles sour sliced into 1/4-inch rounds (get the recipe here)
- 6 cups salad greens loosely packed
- 4 ounces cheese shredded grass-fed chopped (find it here)

- 0.5 pound tomatoes chopped
- 1 small onion white sliced thin

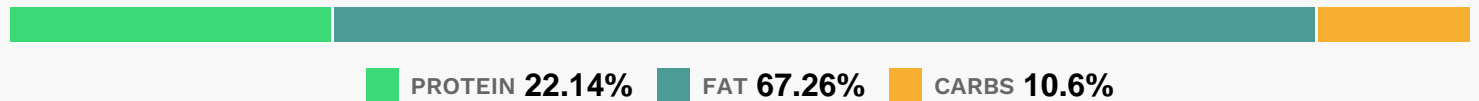
Equipment

- bowl
- frying pan

Directions

- Melt the bacon fat or lard in a heavy skillet over medium-high heat. Brown the ground beef in the hot fat, then transfer it to a serving bowl and allow it to cool about 5 minutes. Plate the greens, then spoon the ground meat over the greens. Top with pickles, cheese, onion and tomatoes, then serve with mayonnaise and ketchup.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:13.020434742389%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 332.47kcal (16.62%), Fat: 24.88g (38.28%), Saturated Fat: 9.7g (60.64%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.91g (2.88%), Sugar: 5.18g (5.75%), Cholesterol: 72.5mg (24.17%), Sodium: 521.93mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.86%), Vitamin B12: 2.05µg (34.23%), Zinc: 3.94mg (26.25%), Phosphorus: 222.61mg (22.26%), Selenium: 14.97µg (21.38%), Vitamin A: 1016.46IU (20.33%), Vitamin C: 16.39mg (19.87%), Vitamin B3: 3.91mg (19.56%), Vitamin B6: 0.36mg (17.94%), Vitamin K: 15.44µg (14.7%), Vitamin B2: 0.23mg (13.75%), Calcium: 134.98mg (13.5%), Potassium: 461.11mg (13.17%), Iron: 2.04mg (11.33%), Folate: 32.58µg (8.15%), Manganese: 0.16mg (7.77%), Magnesium: 29.86mg (7.47%), Vitamin E: 0.94mg (6.28%), Copper: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.45%), Vitamin B5: 0.53mg (5.27%), Fiber: 0.91g (3.65%), Vitamin D: 0.22µg (1.45%)