



 12%  
HEALTH SCORE

## Onion and Cheddar Burgers

READY IN



25 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs beaten
- 2 pounds ground beef
- 6 hawaiian rolls
- 0.5 cup catsup
- 1 cup onion chopped
- 0.3 teaspoon oregano dried
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.8 cup cheddar cheese shredded

1 tablespoon worcestershire sauce

## Equipment

bowl

oven

broiler

broiler pan

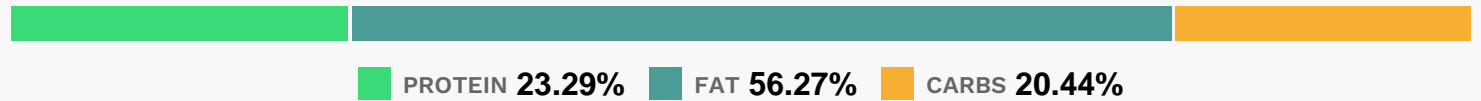
## Directions

In a large bowl, combine beef, onion, egg and ketchup. Season with salt, pepper, oregano, and Worcestershire sauce. Lightly mix in cheddar cheese. Shape beef mixture into 6 thick patties. Preheat oven on broiler setting.

Place hamburgers on broiler pan. Broil, turning once, until cooked through, about 5 minutes per side.

Serve on hamburger buns.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:13.54, Inflammation Score:-5, Nutrition Score:21.257825986199%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 605.82kcal (30.29%), Fat: 37.48g (57.66%), Saturated Fat: 14.92g (93.27%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 29.25g (10.64%), Sugar: 8.88g (9.87%), Cholesterol: 148.76mg (49.59%), Sodium: 1023.45mg (44.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.81%), Vitamin B12: 3.54µg (58.94%), Selenium: 40.92µg (58.46%), Zinc: 7.34mg (48.91%), Vitamin B3: 8.54mg (42.72%), Phosphorus: 376.55mg (37.66%), Vitamin B6: 0.6mg (30.13%), Vitamin B2: 0.49mg (28.95%), Iron: 4.89mg (27.14%), Vitamin B1:

0.32mg (21.49%), Calcium: 207.58mg (20.76%), Potassium: 602.83mg (17.22%), Manganese: 0.34mg (16.85%), Folate: 64.74µg (16.18%), Magnesium: 46.44mg (11.61%), Vitamin B5: 0.98mg (9.75%), Copper: 0.19mg (9.26%), Vitamin E: 1.24mg (8.24%), Vitamin K: 6.67µg (6.35%), Vitamin A: 289.26IU (5.79%), Fiber: 1.36g (5.46%), Vitamin C: 3.72mg (4.51%), Vitamin D: 0.38µg (2.55%)