



Onion Burgers



Dairy Free

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READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

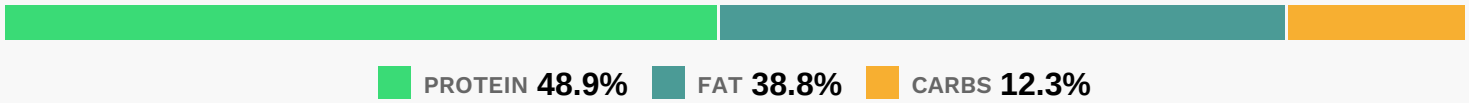
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound ground beef lean
- ☐ 4 servings mayonnaise
- ☐ 1 medium onion cut into rings
- ☐ 1 can onion soup french
- ☐ 4 servings bread whole-wheat white
- ☐ 4 servings mustard yellow

Equipment

Directions

- ☐ Brown ground beef and drain.
- ☐ Sprinkle in the flour.
- ☐ Add onion soup, stir and cook until meat mixture is thickened and most of the liquid is absorbed.
- ☐ Spread mustard and mayonnaise, to taste, on bread. Spoon the ground beef mixture onto bread and top with onion.

Nutrition Facts



Properties

Glycemic Index:64.69, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:12.871304302112%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 213.69kcal (10.68%), Fat: 8.93g (13.74%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.34g (1.48%), Cholesterol: 71.99mg (24%), Sodium: 181.27mg (7.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.66%), Vitamin B12: 2.54µg (42.42%), Zinc: 5.89mg (39.3%), Selenium: 23.18µg (33.11%), Vitamin B3: 6.56mg (32.81%), Phosphorus: 244.45mg (24.45%), Vitamin B6: 0.49mg (24.27%), Iron: 3.06mg (16.97%), Potassium: 447.79mg (12.79%), Vitamin B2: 0.22mg (12.69%), Vitamin B5: 0.81mg (8.08%), Magnesium: 31.38mg (7.85%), Vitamin B1: 0.1mg (6.95%), Vitamin K: 7.06µg (6.73%), Copper: 0.11mg (5.5%), Manganese: 0.1mg (5.06%), Folate: 19.42µg (4.85%), Fiber: 0.82g (3.29%), Vitamin E: 0.48mg (3.18%), Vitamin C: 2.06mg (2.5%), Calcium: 23.03mg (2.3%)