



Open-Faced Burgers with Onion-Mushroom Topping

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon thyme leaves dried
- 2 muffins split english toasted
- 0.3 teaspoon ground pepper red
- 1 pound ground round
- 16 ounce pre mushrooms

- 2 teaspoons olive oil
- 1.5 tablespoons paprika
- 0.5 teaspoon salt
- 1 medium onion sweet separated sliced

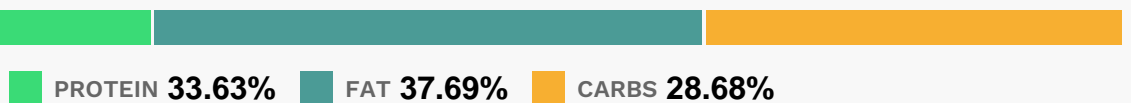
Equipment

- frying pan
- grill

Directions

- Preheat grill.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, and cook for 5 minutes or until golden.
- Add mushrooms and salt; cook 5 minutes, stirring constantly.
- Add vinegar; remove mixture from pan. Set aside.
- Combine the paprika and the next 4 ingredients (paprika through black pepper). Divide the ground round into 4 equal portions, shaping each into a 1/2-inch-thick patty. Coat patties with spice mixture. Grill patties 4 minutes on each side or until done.
- Place burgers on muffin halves, and top each burger with 1/4 cup onion mixture.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:10.39, Inflammation Score:-8, Nutrition Score:23.270869441654%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 346.32kcal (17.32%), Fat: 14.68g (22.58%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 21.45g (7.8%), Sugar: 7.06g (7.84%), Cholesterol: 73.71mg (24.57%), Sodium: 512.59mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.46g (58.93%), Vitamin B3: 10.68mg (53.42%), Zinc: 6.46mg (43.05%), Selenium: 29.97µg (42.82%), Vitamin B2: 0.73mg (42.79%), Vitamin B12: 2.56µg (42.71%), Phosphorus: 375.95mg (37.6%), Vitamin B6: 0.72mg (35.83%), Copper: 0.55mg (27.41%), Vitamin A: 1351.19IU (27.02%), Potassium: 928.35mg (26.52%), Vitamin B5: 2.65mg (26.48%), Iron: 4.34mg (24.1%), Vitamin B1: 0.23mg (15.66%), Manganese: 0.3mg (15.17%), Fiber: 3.68g (14.7%), Folate: 57.44µg (14.36%), Magnesium: 51.98mg (12.99%), Vitamin E: 1.49mg (9.94%), Vitamin C: 6.56mg (7.96%), Vitamin K: 6.92µg (6.59%), Calcium: 58.37mg (5.84%), Vitamin D: 0.34µg (2.27%)