



## Pepper Burgers with Caramelized Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup caramelized onions
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper white
- ☐ 4 servings lettuce leaves
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt

- ☐ 4 kaiser rolls split
- ☐ 2 teaspoons balsamic vinegar white

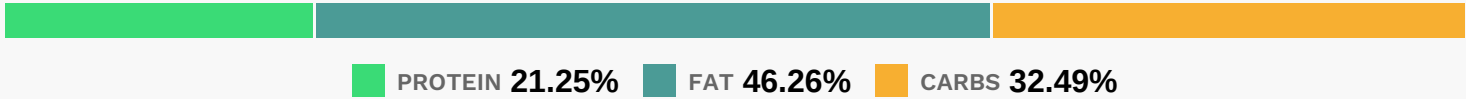
## Equipment

- ☐ sauce pan
- ☐ grill

## Directions

- ☐ Shape beef into 4 patties.
- ☐ Combine salt and next 4 ingredients; sprinkle evenly over both sides of patties.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ minutes on each side or until beef is no longer pink.
- ☐ Cook Caramelized Onions and vinegar in a saucepan over medium heat 5 minutes or until thoroughly heated. Spoon over burgers. Top with lettuce, and serve on rolls.

## Nutrition Facts



## Properties

Glycemic Index:57.25, Glycemic Load:24.42, Inflammation Score:-8, Nutrition Score:16.466086905936%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

## Nutrients (% of daily need)

Calories: 492.1kcal (24.61%), Fat: 24.98g (38.44%), Saturated Fat: 8.74g (54.59%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 37.03g (13.46%), Sugar: 7.47g (8.3%), Cholesterol: 80.51mg (26.84%), Sodium: 523.65mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.65%), Iron: 13.28mg (73.75%), Vitamin B12: 2.43µg (40.45%), Vitamin A: 1892.4IU (37.85%), Zinc: 4.9mg (32.68%), Selenium: 17.48µg (24.97%), Vitamin B3: 4.98mg (24.91%), Vitamin B6: 0.47mg (23.37%), Phosphorus: 204.89mg (20.49%), Potassium: 448.82mg (12.82%),

Vitamin B2: 0.21mg (12.4%), Vitamin C: 8.81mg (10.68%), Fiber: 2.45g (9.8%), Manganese: 0.19mg (9.45%),  
Magnesium: 29.34mg (7.34%), Folate: 28.5µg (7.12%), Vitamin B1: 0.1mg (6.73%), Vitamin B5: 0.65mg (6.47%),  
Calcium: 51.13mg (5.11%), Copper: 0.1mg (4.86%), Vitamin E: 0.62mg (4.16%), Vitamin K: 2.68µg (2.55%)