

Pepperoni Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic minced
- 1 pound ground beef
- 0.3 cup seasoned bread crumbs italian
- 0.3 pound pepperoni minced
- 6 servings salt and pepper to taste

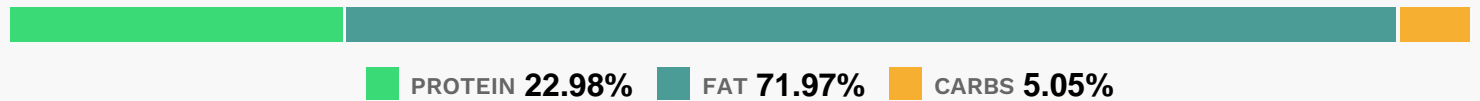
Equipment

- bowl
- grill

Directions

- Preheat the grill for high heat.
- In a bowl, mix the beef, pepperoni, bread crumbs, garlic, salt, and pepper. Form into burger patties.
- Oil the grill grate.
- Place burger patties on the grill, and cook 5 minutes on each side, or until well done.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:9.3869565479133%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.17kcal (15.36%), Fat: 24.15g (37.15%), Saturated Fat: 9.22g (57.6%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.56g (1.29%), Sugar: 0.29g (0.32%), Cholesterol: 72.06mg (24.02%), Sodium: 609.94mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.69%), Vitamin B12: 1.88µg (31.35%), Selenium: 18.13µg (25.9%), Zinc: 3.7mg (24.66%), Vitamin B3: 4.45mg (22.25%), Vitamin B6: 0.33mg (16.37%), Phosphorus: 158.92mg (15.89%), Iron: 1.97mg (10.97%), Vitamin B2: 0.18mg (10.69%), Manganese: 0.18mg (8.9%), Vitamin B1: 0.13mg (8.85%), Potassium: 269.5mg (7.7%), Vitamin B5: 0.64mg (6.37%), Magnesium: 18.68mg (4.67%), Vitamin K: 4.77µg (4.54%), Copper: 0.08mg (3.86%), Vitamin E: 0.52mg (3.45%), Folate: 12.2µg (3.05%), Calcium: 27.32mg (2.73%), Vitamin D: 0.32µg (2.14%), Fiber: 0.26g (1.02%)