



Peppery Mushroom Burgers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 pound ground round
- ☐ 0.3 cup low-salt beef broth dry red
- ☐ 8 ounce mushrooms divided sliced
- ☐ 2 teaspoons onion instant minced
- ☐ 0.3 cup water
- ☐ 2 teaspoons worcestershire sauce low-sodium

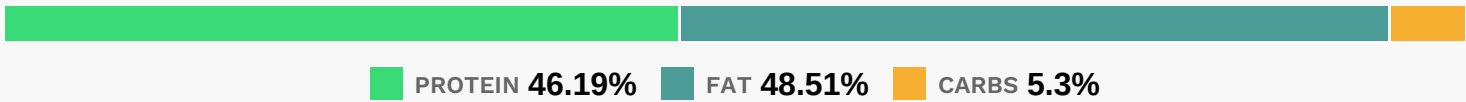
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coarsely chop 1 1/2 cups sliced mushrooms.
- ☐ Combine beef, chopped mushrooms, onion, and Worcestershire sauce in a bowl; shape into 4 equal patties, 1/4 inch thick.
- ☐ Sprinkle pepper evenly on both sides of patties.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add patties, and cook 5 to 6 minutes on each side or until done.
- ☐ Transfer to a serving platter, and keep warm.
- ☐ Add wine, water, and remaining mushrooms to pan; cook over medium heat, stirring constantly, scraping pan to loosen browned bits about 3 minutes or until mushrooms are tender.
- ☐ Pour mushroom mixture over patties.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:14.239130620399%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 216.96kcal (10.85%), Fat: 11.55g (17.77%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.47g (1.63%), Cholesterol: 73.71mg (24.57%), Sodium: 145.06mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.49%), Vitamin B12: 2.53µg (42.15%), Vitamin B3: 7.83mg (39.13%), Zinc: 5.74mg (38.28%), Selenium: 24.14µg (34.49%), Phosphorus: 260.29mg (26.03%), Vitamin B2: 0.41mg (24.11%), Vitamin B6: 0.48mg (24%), Potassium: 606.42mg (17.33%), Iron: 3.03mg (16.85%), Vitamin B5:

1.53mg (15.32%), Copper: 0.28mg (13.87%), Magnesium: 29.28mg (7.32%), Vitamin B1: 0.1mg (6.44%), Manganese: 0.1mg (5.15%), Folate: 16.96µg (4.24%), Fiber: 0.71g (2.84%), Vitamin E: 0.38mg (2.51%), Calcium: 21.41mg (2.14%), Vitamin C: 1.65mg (2.01%), Vitamin K: 1.76µg (1.68%), Vitamin D: 0.23µg (1.51%)