



## Pesto-Topped Burgers

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds ground round
- 4 hamburger buns toasted
- 4 servings olive pesto black
- 1 slices toppings: romaine lettuce
- 1 tablespoon grill seasoning mix

### Equipment

- grill

## Directions

- Combine ground round and seasoning; shape into 4 (4-inch) patties.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 6 minutes on each side or until no longer pink in center.
- Serve on buns with Black Olive Pesto and desired toppings.
- Note: For testing purposes only, we used McCormick Grill Mates Hamburger Seasoning.
- Add 1/4 cup Black Olive Pesto to ground round. Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 6 minutes on each side or until no longer pink in center.
- Serve on buns with desired toppings.

## Nutrition Facts

**PROTEIN 33.32%** **FAT 46.7%** **CARBS 19.98%**

## Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:-5, Nutrition Score:21.432173715985%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 480.5kcal (24.03%), Fat: 24.32g (37.41%), Saturated Fat: 8.26g (51.61%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 22.27g (8.1%), Sugar: 3.64g (4.05%), Cholesterol: 111.76mg (37.25%), Sodium: 465.22mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Vitamin B12: 3.85µg (64.09%), Selenium: 40.01µg (57.15%), Zinc: 8.49mg (56.62%), Vitamin B3: 10.46mg (52.28%), Phosphorus: 358.19mg (35.82%), Vitamin B6: 0.67mg (33.41%), Iron: 5.73mg (31.82%), Vitamin B2: 0.4mg (23.24%), Vitamin B1: 0.31mg (20.52%), Potassium: 605.93mg (17.31%), Manganese: 0.32mg (16.19%), Folate: 52.35µg (13.09%), Calcium: 116.52mg (11.65%), Magnesium: 46.18mg (11.55%), Vitamin K: 11.73µg (11.18%), Vitamin B5: 1.01mg (10.12%), Copper: 0.18mg (8.89%), Vitamin A: 350.92IU (7.02%), Fiber: 1.13g (4.53%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.17µg (1.13%)