



Quick quarter-pounders

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack beef lean minced
- ☐ 1 eggs beaten
- ☐ 4 servings vegetable oil for brushing
- ☐ 0.5 cucumber peeled
- ☐ 1 pinch sugar
- ☐ 1 dash malt vinegar
- ☐ 4 tbsp mayonnaise light
- ☐ 4 servings mustard english to taste (American, Dijon, or wholegrain)

- ☐ 1 beefsteak tomatoes cut into 4 slices
- ☐ 1 onion red sliced into rings
- ☐ 0.5 iceberg lettuce divided

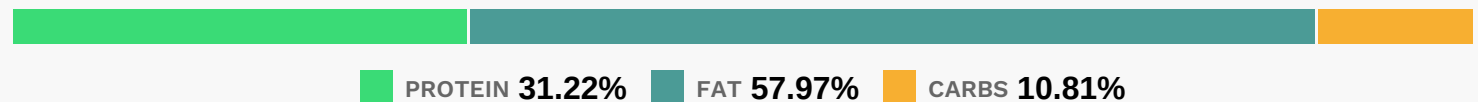
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Mix together the minced beef and enough beaten egg to bind it together, seasoning with salt and pepper. Divide the mince into four, shaping and pressing each into a burger.
- ☐ Heat a grill pan or the grill.
- ☐ Brush the burgers with the oil and cook for 6–7 mins on each side (using a baking tray if beneath the grill) for medium.
- ☐ Meanwhile, cut the cucumber into thick slices.
- ☐ Put the slices in a bowl and season with salt, pepper and a pinch of sugar.
- ☐ Add a small splash of malt vinegar and mix well. Stir together the mayonnaise and the chosen mustard.
- ☐ Present the burgers on the tomato slices, topping with the mustard mayonnaise, cucumber slices and onion rings. Finish with the burger on an iceberg leaf, topping with another leaf, if you prefer.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:21.8334780465%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 387.25kcal (19.36%), Fat: 24.88g (38.27%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 7.88g (2.86%), Sugar: 6.16g (6.85%), Cholesterol: 120.66mg (40.22%), Sodium: 311.74mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.29%), Vitamin K: 59.43µg (56.6%), Vitamin B12: 2.9µg (48.3%), Zinc: 6.87mg (45.8%), Vitamin B3: 7.51mg (37.55%), Selenium: 25.74µg (36.77%), Vitamin B6: 0.66mg (32.87%), Phosphorus: 321.11mg (32.11%), Potassium: 839.63mg (23.99%), Vitamin A: 1143.02IU (22.86%), Iron: 3.84mg (21.31%), Vitamin C: 16.77mg (20.32%), Vitamin B2: 0.3mg (17.73%), Vitamin E: 2.51mg (16.76%), Folate: 54.74µg (13.69%), Manganese: 0.26mg (13.03%), Magnesium: 50.42mg (12.6%), Vitamin B5: 1.24mg (12.4%), Copper: 0.21mg (10.56%), Fiber: 2.56g (10.23%), Vitamin B1: 0.14mg (9.34%), Calcium: 50.47mg (5.05%), Vitamin D: 0.34µg (2.3%)