

Ranch Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs lightly beaten
- 2 pounds ground beef lean
- 1 onion chopped
- 1 ounce ranch seasoning
- 0.8 cup saltines crushed

Equipment

- bowl
- grill

Directions

- Preheat the grill for high heat.
- In a bowl, mix the ground beef, ranch dressing mix, egg, crushed crackers, and onion. Form into hamburger patties.
- Lightly oil the grill grate.
- Place patties on the grill, and cook 5 minutes per side, or until well done.

Nutrition Facts

PROTEIN 52.4% **FAT 31.02%** **CARBS 16.58%**

Properties

Glycemic Index:3.38, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:12.570869539095%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 206kcal (10.3%), Fat: 6.77g (10.42%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 7.73g (2.81%), Sugar: 0.69g (0.76%), Cholesterol: 90.77mg (30.26%), Sodium: 410.73mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.49%), Vitamin B12: 2.6µg (43.25%), Zinc: 5.91mg (39.41%), Vitamin B3: 6.67mg (33.36%), Selenium: 22.16µg (31.66%), Phosphorus: 246.1mg (24.61%), Vitamin B6: 0.48mg (23.8%), Iron: 3.19mg (17.72%), Vitamin B2: 0.24mg (14.32%), Potassium: 430mg (12.29%), Vitamin B5: 0.86mg (8.6%), Magnesium: 28.49mg (7.12%), Vitamin B1: 0.1mg (6.74%), Copper: 0.11mg (5.29%), Folate: 19.66µg (4.92%), Manganese: 0.09mg (4.28%), Vitamin E: 0.45mg (3.02%), Vitamin K: 2.08µg (1.98%), Calcium: 17.7mg (1.77%), Fiber: 0.42g (1.67%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.02mg (1.23%)