

Skeen Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1.3 cups round buttery crackers crushed reduced-fat (such as Ritz; 20 crackers)
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 pounds ground round
- ☐ 1.5 ounce hamburger buns
- ☐ 5 tablespoons catsup
- ☐ 1 ounce onion soup mix (such as Lipton)
- ☐ 1.5 teaspoons pepper sauce hot

☐ 1.3 inch onion red

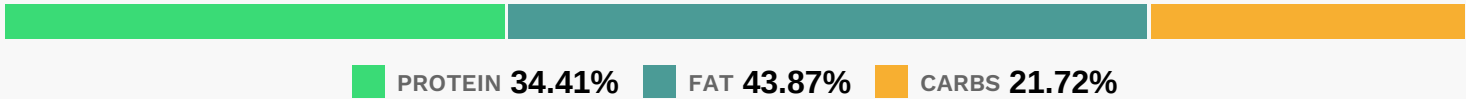
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 6 ingredients. Divide mixture into 10 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Place buns, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Spread 1 1/2 teaspoons ketchup on each bun top.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 1 onion slice and top half of bun.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:10.457826168641%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 229.88kcal (11.49%), Fat: 11.01g (16.94%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 11.66g (4.24%), Sugar: 3.82g (4.24%), Cholesterol: 58.97mg (19.66%), Sodium: 458.89mg (19.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin B12: 2.01µg (33.56%), Zinc: 4.47mg (29.83%), Vitamin B3: 5.31mg (26.53%), Selenium: 16.81µg (24.02%), Phosphorus: 200.7mg (20.07%), Vitamin B6: 0.38mg (18.81%), Iron: 2.61mg (14.5%), Vitamin B2: 0.2mg (11.68%), Potassium: 358.08mg (10.23%), Vitamin B1: 0.11mg (7.13%), Vitamin B5: 0.6mg (6.02%), Magnesium: 23.71mg (5.93%), Manganese: 0.1mg (5.19%),

Copper: 0.1mg (4.98%), Vitamin K: 5.02µg (4.78%), Vitamin E: 0.7mg (4.65%), Folate: 16.01µg (4%), Calcium: 34.41mg (3.44%), Fiber: 0.61g (2.43%), Vitamin C: 1.05mg (1.28%)