



## Slaw Burgers

 Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 teaspoon pepper black divided
- 2 tablespoons cider vinegar
- 2.5 cups d coleslaw
- 1 teaspoon dijon mustard country-style
- 2 pounds ground beef 92% lean (such as Laura's Ground Beef)
- 0.3 cup mayonnaise reduced-fat
- 0.3 cup onion finely chopped
- 0.8 teaspoon salt divided

- 2 teaspoons sugar
- 1.6 ounce wheat hamburger buns light
- 3 tablespoons worcestershire sauce

## Equipment

- bowl
- whisk
- grill

## Directions

- Place coleslaw in a large bowl.
- Combine mayonnaise, vinegar, sugar, mustard, and 1/4 teaspoon each of salt and pepper, stirring with a whisk.
- Pour mayonnaise mixture over coleslaw, tossing well to coat coleslaw. Cover and chill until ready to serve.
- Prepare grill.
- Combine ground beef, Worcestershire sauce, onion, and remaining 1/2 teaspoon each of salt and pepper. Divide into 8 equal portions; shape each into a 1/2-inch-thick patty.
- Place patties on a grill rack coated with cooking spray, and grill 5 minutes on each side or until done.
- Place 1 burger patty on bottom half of each bun; top each patty with 1/4 cup slaw.
- Place top halves of buns on burgers.

## Nutrition Facts



## Properties

Glycemic Index:38.39, Glycemic Load:2.86, Inflammation Score:-2, Nutrition Score:14.151739128258%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## **Nutrients (% of daily need)**

Calories: 211.25kcal (10.56%), Fat: 8.02g (12.34%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.04g (2.56%), Sugar: 3.32g (3.69%), Cholesterol: 71.8mg (23.93%), Sodium: 492.17mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin B12: 2.55µg (42.52%), Zinc: 5.89mg (39.26%), Vitamin B3: 6.58mg (32.88%), Selenium: 21.87µg (31.24%), Phosphorus: 243.89mg (24.39%), Vitamin B6: 0.48mg (24.12%), Vitamin K: 22.65µg (21.57%), Iron: 3.4mg (18.86%), Potassium: 503.89mg (14.4%), Vitamin B2: 0.22mg (12.87%), Vitamin C: 9.28mg (11.25%), Vitamin B5: 0.79mg (7.9%), Magnesium: 31.21mg (7.8%), Vitamin B1: 0.1mg (6.63%), Manganese: 0.12mg (6.06%), Copper: 0.12mg (5.88%), Folate: 22.31µg (5.58%), Vitamin E: 0.58mg (3.87%), Calcium: 37.28mg (3.73%), Fiber: 0.81g (3.23%)