



Sour Cream Burgers

READY IN



25 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs dry
- 1 ounce onion soup mix dry
- 2 pounds ground beef
- 0.1 teaspoon pepper
- 1 cup cream sour

Equipment

- bowl
- grill

Directions

- In a large bowl, mix together the ground beef, sour cream, onion soup mix, bread crumbs and pepper using your hands. Refrigerate while you heat up the grill so the flavors have a chance to blend.
- Preheat a grill for medium heat. Form the ground beef into 8 balls, and flatten into patties.
- Grill the patties for 6 to 8 minutes per side, or until well done.

Nutrition Facts

PROTEIN 22.64% **FAT 68.33%** **CARBS 9.03%**

Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.761739107578%

Nutrients (% of daily need)

Calories: 382.08kcal (19.1%), Fat: 28.63g (44.04%), Saturated Fat: 11.69g (73.06%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 7.97g (2.9%), Sugar: 1.56g (1.74%), Cholesterol: 97.48mg (32.49%), Sodium: 418.9mg (18.21%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 21.34g (42.68%), Vitamin B12: 2.51µg (41.85%), Zinc: 4.97mg (33.15%), Selenium: 19.95µg (28.5%), Vitamin B3: 5.32mg (26.6%), Phosphorus: 219.68mg (21.97%), Vitamin B6: 0.41mg (20.35%), Vitamin B2: 0.25mg (14.89%), Iron: 2.59mg (14.41%), Potassium: 381.31mg (10.89%), Vitamin B1: 0.13mg (8.65%), Vitamin B5: 0.73mg (7.34%), Magnesium: 27.23mg (6.81%), Calcium: 67.01mg (6.7%), Copper: 0.1mg (5.22%), Manganese: 0.1mg (5.2%), Folate: 16.89µg (4.22%), Vitamin E: 0.58mg (3.9%), Vitamin A: 179.82IU (3.6%), Vitamin K: 3.02µg (2.87%), Fiber: 0.55g (2.18%)