



Southern Burgers

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice bread crumbled
- 1 eggs
- 8 servings garlic salt to taste
- 1 pound ground beef
- 2 tablespoons mustard prepared
- 8 servings salt and pepper to taste
- 3 tablespoons worcestershire sauce

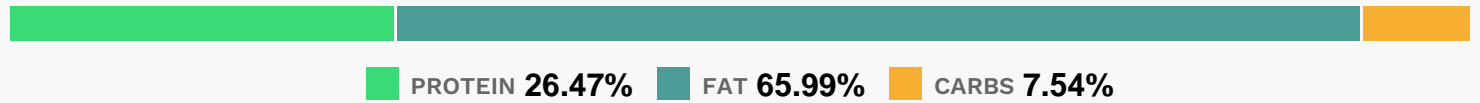
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine the beef, bread, egg, mustard and Worcestershire sauce and mix well. Form into 6 to 8 patties and season with garlic salt and salt and pepper to taste.
- In a large skillet over medium heat, saute the patties for 10 to 15 minutes, or until fully cooked to desired doneness.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:6.256521821022%

Nutrients (% of daily need)

Calories: 168.67kcal (8.43%), Fat: 12.15g (18.69%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.82g (1.03%), Sugar: 0.91g (1.01%), Cholesterol: 60.72mg (20.24%), Sodium: 574.06mg (24.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Vitamin B12: 1.26µg (21.04%), Selenium: 12.51µg (17.87%), Zinc: 2.51mg (16.76%), Vitamin B3: 2.66mg (13.31%), Phosphorus: 112.86mg (11.29%), Vitamin B6: 0.2mg (9.95%), Iron: 1.72mg (9.57%), Vitamin B2: 0.13mg (7.57%), Potassium: 222.32mg (6.35%), Vitamin B5: 0.41mg (4.09%), Magnesium: 14.37mg (3.59%), Vitamin B1: 0.05mg (3.5%), Manganese: 0.07mg (3.28%), Copper: 0.06mg (2.98%), Calcium: 27.08mg (2.71%), Folate: 10.3µg (2.58%), Vitamin E: 0.32mg (2.1%), Vitamin K: 1.33µg (1.27%), Fiber: 0.3g (1.2%), Vitamin D: 0.17µg (1.11%), Vitamin C: 0.85mg (1.03%)