



## Star-Spangled Burgers

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce cheese blue crumbled
- 2 cloves garlic fresh minced
- 2 pounds ground beef
- 1 teaspoon ground pepper black
- 1 large bell pepper diced red
- 1 teaspoon salt

## Equipment

- mixing bowl

- grill
- kitchen thermometer

## Directions

- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Mix ground beef, red pepper, garlic, salt, and pepper in a large mixing bowl; divide and form into 16 patties.
- Place 1 ounce blue cheese in the center atop each of 8 of the patties. Top each cheese-topped patty with an unadorned patty, pressing the sides together so the cheese doesn't fall out.
- Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, 7 to 10 minutes per side for well done. An instant-read thermometer inserted into the meat should read 160 degrees F (70 degrees C).

## Nutrition Facts

**PROTEIN 26.44%** **FAT 71.19%** **CARBS 2.37%**

## Properties

Glycemic Index:15.13, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:15.463043378747%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 395.18kcal (19.76%), Fat: 30.89g (47.52%), Saturated Fat: 14.02g (87.62%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.01g (1.12%), Cholesterol: 101.77mg (33.92%), Sodium: 693.68mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.63%), Vitamin B12: 2.77µg (46.21%), Zinc: 5.56mg (37.05%), Vitamin C: 26.47mg (32.09%), Selenium: 21.26µg (30.37%), Phosphorus: 295.75mg (29.58%), Vitamin B3: 5.29mg (26.46%), Vitamin B6: 0.48mg (24.15%), Calcium: 174.18mg (17.42%), Vitamin B2: 0.29mg (17.34%), Vitamin A: 859.6IU (17.19%), Iron: 2.42mg (13.42%), Potassium: 428.39mg (12.24%), Vitamin B5: 1.13mg (11.32%), Magnesium: 28.88mg (7.22%), Folate: 27.64µg (6.91%), Vitamin E: 0.86mg (5.75%), Vitamin B1: 0.07mg (4.65%), Copper: 0.09mg (4.49%), Manganese: 0.08mg (4.1%), Vitamin K: 4.15µg (3.95%), Fiber: 0.51g (2.04%), Vitamin D: 0.26µg (1.7%)