



Sun-dried Tomato-Pesto Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 garlic clove pressed
- 1 pound ground beef
- 1 pound ground sirloin
- 6 servings hamburger buns homemade
- 0.5 teaspoon pepper freshly ground
- 6 servings toppings: pesto refrigerated sliced
- 1 teaspoon salt
- 3 oz sun-dried tomato halves chopped

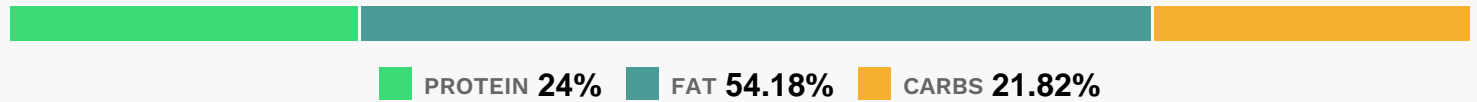
Equipment

grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Combine first 4 ingredients gently. Stir chopped sun-dried tomatoes and garlic into meat mixture. Shape mixture into 6 (5-inch) patties.
- Grill, covered with grill lid, 4 to 5 minutes on each side or until beef is no longer pink in center.
- Serve on Homemade Hamburger Buns. Top each burger with refrigerated pesto, sliced goat cheese, and sliced pepperoncini salad peppers.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:14.79, Inflammation Score:-6, Nutrition Score:22.64347830026%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 570.31kcal (28.52%), Fat: 34.12g (52.49%), Saturated Fat: 11.62g (72.63%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 28.11g (10.22%), Sugar: 8.95g (9.94%), Cholesterol: 106.28mg (35.43%), Sodium: 856.08mg (37.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (68.01%), Vitamin B12: 3.34µg (55.74%), Selenium: 35.84µg (51.2%), Vitamin B3: 9.8mg (48.98%), Zinc: 7.15mg (47.68%), Phosphorus: 343.64mg (34.36%), Iron: 5.93mg (32.92%), Vitamin B6: 0.59mg (29.33%), Potassium: 970.09mg (27.72%), Manganese: 0.55mg (27.26%), Vitamin B2: 0.42mg (24.98%), Vitamin B1: 0.37mg (24.92%), Copper: 0.35mg (17.45%), Magnesium: 64.27mg (16.07%), Folate: 59.93µg (14.98%), Calcium: 128.49mg (12.85%), Fiber: 2.81g (11.24%), Vitamin B5: 1.1mg (10.96%), Vitamin K: 10.78µg (10.27%), Vitamin A: 427.67IU (8.55%), Vitamin C: 6.27mg (7.6%), Vitamin E: 0.71mg (4.73%), Vitamin D: 0.15µg (1.01%)