



## Super-Hero Burger

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb ground beef
- 0.5 cup a.1. original sauce divided
- 1 small onion sliced
- 1 bell pepper green red cut into strips
- 4 kaiser rolls split

### Equipment

- grill
- aluminum foil

## Directions

- Heat grill to medium heat.
- Place peppers and onions in center of large sheet heavy-duty foil; drizzle with 1/4 cup steak sauce. Fold to make packet. Grill 2 min.
- Meanwhile, mix meat and 2 Tbsp. of the remaining steak sauce; shape into 4 (1/2-inch) patties. Grill 8 to 10 min. or until vegetables are crisp-tender and burgers are done (160F), turning burgers after 4 min. and brushing with remaining steak sauce.
- Remove packet from grill; cut slits in foil to release steam before opening packet. Fill rolls with burgers and vegetables.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:2.9426087257655%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 102.06kcal (5.1%), Fat: 5g (7.69%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.41g (3.06%), Sugar: 2.52g (2.8%), Cholesterol: 16.1mg (5.37%), Sodium: 144.99mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Iron: 2.6mg (14.43%), Vitamin B12: 0.49µg (8.09%), Zinc: 0.96mg (6.41%), Vitamin C: 5.04mg (6.11%), Vitamin B3: 0.99mg (4.96%), Selenium: 3.42µg (4.88%), Vitamin B6: 0.09mg (4.54%), Phosphorus: 38.04mg (3.8%), Potassium: 76.76mg (2.19%), Vitamin B2: 0.04mg (2.13%), Fiber: 0.37g (1.49%), Vitamin B5: 0.12mg (1.24%), Magnesium: 4.8mg (1.2%)