



Sweet Onion Burgers

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 4 servings salt and pepper to taste
- 1 large onion sweet chopped

Equipment

- bowl
- grill

Directions

- Preheat grill for high heat.
- In a large bowl mix together the onion, beef, and salt and pepper to taste. Form into patties.
- Lightly oil grate, and place burgers on grill. Cook for 3 to 5 minutes per side.
- Remove from grill, and serve with your favorite condiments.

Nutrition Facts

PROTEIN 56.56% **FAT 29.27%** **CARBS 14.17%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:12.541304570987%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 181.84kcal (9.09%), Fat: 5.74g (8.82%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.5g (2%), Sugar: 4.15g (4.62%), Cholesterol: 70.31mg (23.44%), Sodium: 275.25mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin B12: 2.54µg (42.34%), Zinc: 5.88mg (39.2%), Vitamin B3: 6.34mg (31.7%), Selenium: 20.15µg (28.78%), Vitamin B6: 0.55mg (27.6%), Phosphorus: 246.87mg (24.69%), Iron: 2.92mg (16.2%), Potassium: 490.87mg (14.02%), Vitamin B2: 0.2mg (11.71%), Magnesium: 32.4mg (8.1%), Vitamin B5: 0.81mg (8.09%), Copper: 0.13mg (6.69%), Folate: 24.7µg (6.18%), Vitamin B1: 0.08mg (5.36%), Vitamin C: 3.97mg (4.81%), Manganese: 0.07mg (3.74%), Fiber: 0.74g (2.98%), Calcium: 26.88mg (2.69%), Vitamin E: 0.33mg (2.23%)