



Tequila Lime Burgers



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds ground beef
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest
- 2 tablespoons steak seasoning
- 0.3 cup steak sauce
- 2 tablespoons tequila
- 0.3 cup worcestershire sauce

Equipment

bowl

grill

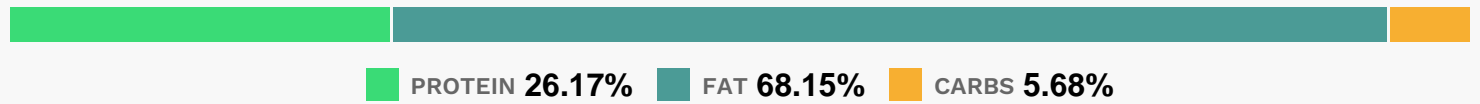
Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Mix together the ground beef, steak sauce, Worcestershire sauce, Montreal seasoning, tequila, lime juice, and lime zest in a large bowl until evenly combined. Form 8 patties from the mixture.

Cook patties on preheated grill to desired doneness, 7 to 10 minutes each side for well done.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:11.016521707825%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 314.4kcal (15.72%), Fat: 22.77g (35.04%), Saturated Fat: 8.73g (54.59%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.02g (1.46%), Sugar: 1.68g (1.87%), Cholesterol: 80.51mg (26.84%), Sodium: 309.77mg (13.47%), Alcohol: 1.25g (100%), Alcohol %: 1.15% (100%), Protein: 19.68g (39.35%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.82mg (32.12%), Vitamin B3: 4.96mg (24.78%), Selenium: 17.19µg (24.55%), Vitamin B6: 0.39mg (19.44%), Phosphorus: 189.19mg (18.92%), Iron: 3.12mg (17.31%), Potassium: 409.49mg (11.7%), Vitamin B2: 0.19mg (10.92%), Vitamin K: 10.37µg (9.87%), Magnesium: 24.2mg (6.05%), Vitamin B5: 0.57mg (5.74%), Copper: 0.11mg (5.53%), Manganese: 0.09mg (4.71%), Calcium: 41.58mg (4.16%), Vitamin B1: 0.06mg (4.08%), Vitamin E: 0.58mg (3.86%), Vitamin C: 2.94mg (3.56%), Folate: 10.99µg (2.75%), Vitamin A: 56.87IU (1.14%)