

# Teriyaki Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.5 ounce campbell's® condensed beef broth canned
- 2 teaspoons brown sugar
- 1.5 pounds ground beef
- 0.3 teaspoon ground ginger
- 6 classic sandwich buns split with sesame seeds, pepperidge farm®
- 1 tablespoon soya sauce

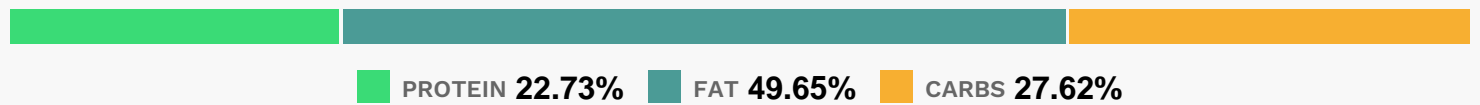
## Equipment

- frying pan

## Directions

- Shape the beef into 6 (1/2-inch thick) burgers.
- Cook the burgers in a 12-inch skillet over medium-high heat until well browned on both sides.
- Pour off any fat.
- Stir the broth, soy sauce, brown sugar and ginger in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes for medium or to desired doneness.
- Serve the burgers and sauce on the buns.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:16.2621739118%

## Nutrients (% of daily need)

Calories: 465.66kcal (23.28%), Fat: 25.25g (38.84%), Saturated Fat: 9.1g (56.9%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 30.25g (11%), Sugar: 2.36g (2.62%), Cholesterol: 80.51mg (26.84%), Sodium: 738.59mg (32.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52.01%), Selenium: 39.73µg (56.76%), Vitamin B12: 2.46µg (41.02%), Vitamin B3: 7.73mg (38.63%), Zinc: 5.29mg (35.28%), Phosphorus: 246.71mg (24.67%), Iron: 4.25mg (23.62%), Vitamin B2: 0.37mg (22.03%), Vitamin B1: 0.32mg (21.6%), Vitamin B6: 0.4mg (19.91%), Manganese: 0.32mg (16.1%), Folate: 63.64µg (15.91%), Potassium: 403.76mg (11.54%), Magnesium: 37.16mg (9.29%), Copper: 0.17mg (8.36%), Vitamin B5: 0.83mg (8.26%), Calcium: 79.34mg (7.93%), Fiber: 1.35g (5.39%), Vitamin E: 0.7mg (4.7%), Vitamin K: 2.38µg (2.27%)