

Teriyaki Onion Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices cheddar cheese
- 3 ounce fried onions canned
- 1 pound ground beef
- 4 hawaiian rolls split
- 0.3 cup teriyaki sauce

Equipment

- bowl
- grill

Directions

- Preheat a grill for high heat.
- In a medium bowl, mix together the ground beef, teriyaki marinade and French-fried onions. Form the mixture into 4 patties.
- Lightly oil the grilling surface, and place patties on the preheated grill. Grill for 4 to 5 minutes per side, or until well done. Top with cheese, and serve on hamburger buns.

Nutrition Facts

PROTEIN 18.71% **FAT 59.37%** **CARBS 21.92%**

Properties

Glycemic Index:22.25, Glycemic Load:12.99, Inflammation Score:-3, Nutrition Score:16.714782764082%

Nutrients (% of daily need)

Calories: 626.27kcal (31.31%), Fat: 40.48g (62.27%), Saturated Fat: 16.75g (104.69%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 32.83g (11.94%), Sugar: 5.72g (6.36%), Cholesterol: 97.51mg (32.5%), Sodium: 1266.09mg (55.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.4%), Selenium: 33.71µg (48.16%), Vitamin B12: 2.69µg (44.88%), Zinc: 5.7mg (37.97%), Vitamin B3: 6.83mg (34.14%), Phosphorus: 328.18mg (32.82%), Vitamin B2: 0.38mg (22.54%), Iron: 4.01mg (22.27%), Vitamin B6: 0.42mg (21.15%), Calcium: 207.02mg (20.7%), Vitamin B1: 0.29mg (19.51%), Folate: 53.37µg (13.34%), Manganese: 0.25mg (12.54%), Potassium: 412.22mg (11.78%), Magnesium: 44.74mg (11.18%), Copper: 0.14mg (6.98%), Vitamin B5: 0.68mg (6.75%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.51µg (4.3%), Vitamin A: 170.77IU (3.42%), Fiber: 0.79g (3.17%), Vitamin D: 0.22µg (1.44%)