



 **29%**
HEALTH SCORE

Texas Stuffed Grilled Burgers

 **Gluten Free**

READY IN



30 min.

SERVINGS



10

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups finely-chopped ham cooked chopped
- 2 cups mushrooms fresh chopped
- 5 pounds ground beef lean
- 2 cups onion chopped
- 10 servings salt and pepper to taste
- 3 cups cheddar cheese shredded
- 6 tablespoons worcestershire sauce

Equipment

bowl

grill

Directions

Preheat a grill for high heat. When the grill is hot, lightly oil the grate.

In a large bowl, mix together the ground beef, Worcestershire sauce, hickory seasoning, salt and pepper until well blended. Make 20 balls, and flatten into patties. On one half of the patties, distribute the onions, mushrooms, ham and cheese. Carefully cover the piles with the remaining patties, making sure to seal all of the edges of the patties together tightly and enclose the filling.

Grill the patties for 8 to 10 minutes per side, or until meat is well done, and cheese in the center is melted.

Nutrition Facts

 **PROTEIN 49.89%** **FAT 44.94%** **CARBS 5.17%**

Properties

Glycemic Index:8.6, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:30.665652280268%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 507.57kcal (25.38%), Fat: 24.69g (37.98%), Saturated Fat: 12.02g (75.12%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5.66g (2.06%), Sugar: 2.87g (3.19%), Cholesterol: 191.01mg (63.67%), Sodium: 961.05mg (41.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.66g (123.32%), Vitamin B12: 5.77µg (96.1%), Zinc: 13.47mg (89.77%), Selenium: 55.53µg (79.33%), Vitamin B3: 14.08mg (70.41%), Phosphorus: 702.22mg (70.22%), Vitamin B6: 1.03mg (51.43%), Vitamin B2: 0.67mg (39.27%), Iron: 6.35mg (35.28%), Potassium: 1063.74mg (30.39%), Calcium: 280.41mg (28.04%), Vitamin B5: 2.12mg (21.2%), Magnesium: 70.05mg (17.51%), Vitamin B1: 0.26mg (17.33%), Copper: 0.31mg (15.28%), Vitamin C: 9.36mg (11.35%), Folate: 29.3µg (7.32%), Vitamin A: 348.38IU (6.97%), Vitamin E: 0.91mg (6.04%), Manganese: 0.09mg (4.37%), Vitamin D: 0.47µg (3.12%), Fiber: 0.74g (2.94%), Vitamin K: 1.72µg (1.64%)