

Thai Burgers

 Dairy Free

READY IN



36 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 chili peppers red minced seeded
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.8 pounds ground beef lean
- ☐ 2 tablespoons lemon grass minced
- ☐ 2 limes
- ☐ 0.3 cup peanuts chopped
- ☐ 6 servings salt and pepper to taste

☐ 2 tablespoons shallots minced

Equipment

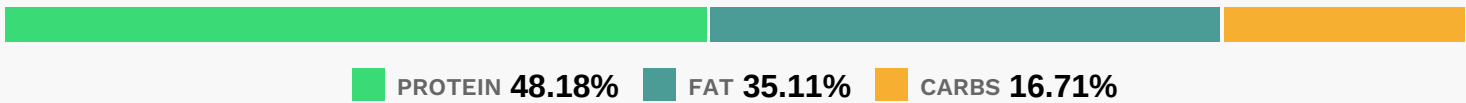
☐ bowl

☐ grill

Directions

- ☐ Preheat grill for high heat.
- ☐ In a large bowl, mix together ground round, bread crumbs, lemon grass, shallot, chili peppers, and peanuts. Season with salt and pepper. Form into patties. If you are making these ahead of time, do not add peanuts until you are ready to grill.
- ☐ Lightly oil grate, and place burgers on grill. Cook for 3 to 5 minutes per side.
- ☐ Remove from grill, and sprinkle burgers with lime juice.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:17.219130179156%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 262.92kcal (13.15%), Fat: 10.18g (15.66%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.13g (3.32%), Sugar: 1.27g (1.41%), Cholesterol: 82.02mg (27.34%), Sodium: 349.45mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.85%), Vitamin B12: 2.99µg (49.92%), Zinc: 7.08mg (47.17%), Vitamin B3: 8.92mg (44.62%), Selenium: 25.88µg (36.96%), Phosphorus: 308.74mg (30.87%), Vitamin B6: 0.58mg (28.77%), Iron: 4.16mg (23.13%), Manganese: 0.36mg (18.23%), Potassium: 571.74mg (16.34%), Vitamin B2: 0.27mg (15.73%), Vitamin B1: 0.19mg (12.83%), Magnesium: 48.03mg (12.01%), Vitamin B5: 1.07mg (10.69%), Copper: 0.2mg (10.23%), Folate: 35.55µg (8.89%), Vitamin C: 6.98mg (8.46%), Fiber: 1.77g (7.09%), Calcium: 45.89mg (4.59%), Vitamin K: 4.1µg (3.9%), Vitamin E: 0.44mg (2.92%), Vitamin A: 90.71IU (1.81%)