



## The Basic Burger

READY IN



16 min.

SERVINGS



6

CALORIES



1057 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings cheese and condiments
- 3 pounds percent ground chuck lean
- 8 hamburger rolls split toasted
- 6 servings spicy ketchup
- 6 servings asian mayo
- 6 servings pesto mayo
- 0.5 teaspoon pepper
- 6 servings ranch olé
- 1 teaspoon salt

6 servings the baconator

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## Equipment

bowl

grill

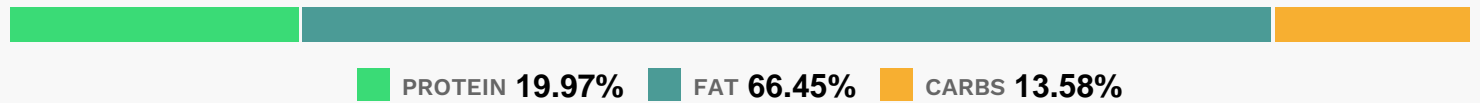
## Directions

Combine chuck, salt and pepper in a large bowl. Gently blend with a fork. Use moistened hands to form 8 3/4-inch-thick patties.

Grill or broil burgers over moderate heat (about 5 inches from heat source) on one side for 5 minutes. Carefully turn and cook on other side for about 4 minutes for medium-rare burgers.

Serve on warm buns, topped as desired.

## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:17.41, Inflammation Score:-5, Nutrition Score:32.543478359347%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 1057.39kcal (52.87%), Fat: 77.16g (118.7%), Saturated Fat: 26.67g (166.71%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 34.37g (12.5%), Sugar: 8.92g (9.91%), Cholesterol: 202.19mg (67.4%), Sodium: 1476.14mg (64.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.18g (104.36%), Vitamin B12: 5.35µg (89.11%), Selenium: 59.45µg (84.93%), Zinc: 11.09mg (73.94%), Phosphorus: 615.29mg (61.53%), Vitamin B3: 12.23mg (61.16%), Vitamin K: 61.52µg (58.59%), Vitamin B6: 0.82mg (41.16%), Vitamin B2: 0.69mg (40.65%), Iron: 6.59mg (36.63%), Calcium: 347.75mg (34.78%), Vitamin B1: 0.42mg (28.31%), Potassium: 770.64mg (22.02%), Folate: 79.05µg (19.76%), Manganese: 0.39mg (19.65%), Vitamin E: 2.46mg (16.39%), Magnesium: 63.67mg (15.92%), Vitamin B5: 1.52mg (15.25%), Copper: 0.23mg (11.66%), Vitamin A: 395.64IU (7.91%), Fiber: 1.12g (4.48%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.36mg (1.65%)