



The Burger Your Mama Warned You About!

 Dairy Free

READY IN



87 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbeque sauce
- ☐ 0.5 cup bread crumbs
- ☐ 1 ounce onion soup mix dry
- ☐ 0.3 cup garlic minced
- ☐ 1 bell pepper green finely chopped
- ☐ 2 pounds ground beef
- ☐ 1 tablespoon ground pepper black
- ☐ 1 onion red finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons worcestershire sauce

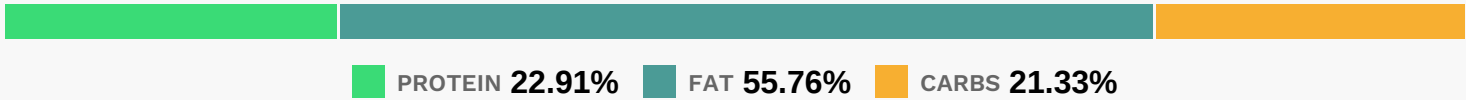
Equipment

- ☐ baking sheet
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Mix together the ground beef, red onion, green pepper, garlic, onion soup mix, barbeque sauce, bread crumbs, Worcestershire sauce, salt, and black pepper in a large mixing bowl. Divide the ground beef mixture into 8 equal balls and form each one into a patty.
- ☐ Place the patties on a baking sheet, cover, and refrigerate for at least one hour to allow all of the flavors to come together.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Cook the patties to an internal temperature of 160 degrees F (71 degrees C), about 6 minutes per side for well done burgers.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:14.278695687004%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 379.53kcal (18.98%), Fat: 23.25g (35.78%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 18.52g (6.73%), Sugar: 8.16g (9.06%), Cholesterol: 80.51mg (26.84%), Sodium: 824.42mg (35.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Vitamin B12: 2.45µg (40.84%), Zinc:

5.04mg (33.59%), Selenium: 20.06µg (28.66%), Vitamin B3: 5.58mg (27.9%), Vitamin B6: 0.53mg (26.54%), Phosphorus: 222mg (22.2%), Vitamin C: 15.8mg (19.15%), Iron: 3.27mg (18.18%), Manganese: 0.35mg (17.31%), Potassium: 516.25mg (14.75%), Vitamin B2: 0.24mg (14.03%), Vitamin B1: 0.16mg (10.63%), Copper: 0.17mg (8.34%), Magnesium: 33.02mg (8.26%), Vitamin B5: 0.74mg (7.42%), Calcium: 68.87mg (6.89%), Fiber: 1.49g (5.98%), Vitamin K: 5.4µg (5.14%), Folate: 20.43µg (5.11%), Vitamin E: 0.69mg (4.62%), Vitamin A: 105.53IU (2.11%)