



The Classic Burger

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs dried fine
- ☐ 1 cloves garlic minced peeled
- ☐ 1 large eggs
- ☐ 4 hamburger buns split
- ☐ 4 iceberg lettuce leaves rinsed
- ☐ 0.3 cup catsup
- ☐ 1 pound ground beef 7% lean (fat)
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 cup onion minced
- ☐ 0.3 teaspoon pepper
- ☐ 4 slices onion red thin
- ☐ 0.5 teaspoon salt
- ☐ 1 firm-ripe tomato cored thinly sliced
- ☐ 1 tablespoon worcestershire

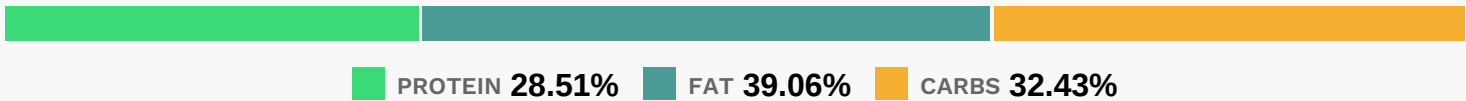
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a bowl, mix ground beef, egg, onion, bread crumbs, Worcestershire, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper until well blended. Divide mixture into four equal portions and shape each into a patty about 4 inches wide.
- ☐ Lay burgers on an oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook burgers, turning once, until browned on both sides and no longer pink inside (cut to test), 7 to 8 minutes total.
- ☐ Remove from grill.
- ☐ Lay buns, cut side down, on grill and cook until lightly toasted, 30 seconds to 1 minute.
- ☐ Spread mayonnaise and ketchup on bun bottoms.
- ☐ Add lettuce, tomato, burger, onion, and salt and pepper to taste. Set bun tops in place.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:14.06, Inflammation Score:-6, Nutrition Score:22.186086955278%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 455.17kcal (22.76%), Fat: 19.5g (30%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 34.22g (12.44%), Sugar: 9.71g (10.79%), Cholesterol: 122.69mg (40.9%), Sodium: 929.16mg (40.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.05%), Selenium: 37.71µg (53.86%), Vitamin B12: 2.78µg (46.3%), Vitamin B3: 8.97mg (44.84%), Zinc: 6.53mg (43.55%), Phosphorus: 333.42mg (33.34%), Vitamin B6: 0.6mg (30.21%), Vitamin K: 30.91µg (29.44%), Iron: 5.24mg (29.11%), Vitamin B2: 0.45mg (26.22%), Vitamin B1: 0.39mg (25.88%), Manganese: 0.45mg (22.43%), Potassium: 692.77mg (19.79%), Folate: 75.01µg (18.75%), Magnesium: 49.63mg (12.41%), Calcium: 113.82mg (11.38%), Copper: 0.22mg (11.09%), Vitamin C: 8.91mg (10.8%), Vitamin B5: 1.07mg (10.71%), Vitamin E: 1.44mg (9.61%), Vitamin A: 455.08IU (9.1%), Fiber: 2.21g (8.85%), Vitamin D: 0.39µg (2.61%)