



## The Classic Hamburger

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 lb ground beef
- 4 hawaiian rolls split
- 2 teaspoons kosher salt (coarse or sea)
- 4 romaine leaves
- 4 servings mustard
- 2 teaspoons pepper black
- 4 slices onion red
- 4 large tomato

- 4 teaspoons worcestershire sauce

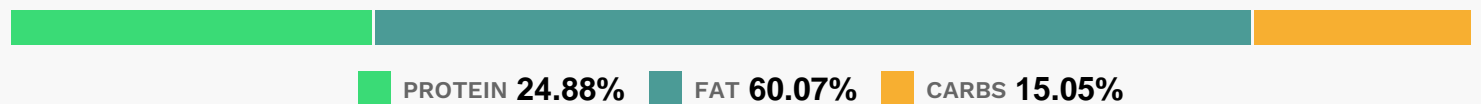
## Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- Heat gas or charcoal grill.
- Place meat in large bowl; pour Worcestershire sauce over beef and gently mix with hands. Divide meat into 4 very loose balls, then gently shape into patties 1/2 to 3/4 inch thick and about 1/2 inch in diameter larger than your hamburger buns. Slightly press center of each patty.
- Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper on 1 side of each patty.
- Place patties, seasoned side down, on grill over medium heat.
- Sprinkle top of each patty with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover grill; cook 10 to 12 minutes, turning once, until meat thermometer inserted in center of patties reads 160F.
- Serve burgers on buns with lettuce, tomato, onion, mayonnaise and mustard.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:13.58, Inflammation Score:-9, Nutrition Score:28.513913102772%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

## Nutrients (% of daily need)

Calories: 720.27kcal (36.01%), Fat: 47.31g (72.78%), Saturated Fat: 17.8g (111.28%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 24.63g (8.96%), Sugar: 5.35g (5.95%), Cholesterol: 161.03mg (53.68%), Sodium: 1668.94mg (72.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.09g (88.18%), Vitamin B12: 4.94µg (82.32%), Selenium: 47.71µg (68.16%), Zinc: 9.97mg (66.47%), Vitamin B3: 11.74mg (58.69%), Phosphorus: 429.85mg (42.98%), Vitamin B6: 0.83mg (41.42%), Vitamin A: 2016.34IU (40.33%), Iron: 6.7mg (37.21%), Vitamin B2: 0.51mg (29.95%), Manganese: 0.53mg (26.63%), Vitamin B1: 0.39mg (25.74%), Potassium: 864.83mg (24.71%), Folate: 73.13µg (18.28%), Magnesium: 60.86mg (15.21%), Calcium: 132.02mg (13.2%), Vitamin C: 10.41mg (12.62%), Vitamin B5: 1.21mg (12.09%), Copper: 0.24mg (11.83%), Vitamin K: 10.11µg (9.63%), Vitamin E: 1.3mg (8.66%), Fiber: 2.04g (8.18%), Vitamin D: 0.23µg (1.51%)