



The Classic Hamburger

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 1 serving mayonnaise

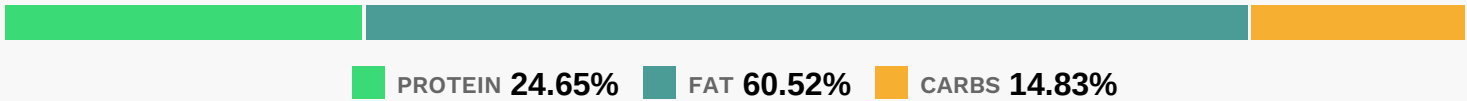
Equipment

- ☐ 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 160°F.
- ☐ Serve burgers on buns with lettuce, tomato, onion, mayonnaise and mustard.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:13.57, Inflammation Score:-9, Nutrition Score:28.231304365656%

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: 724.02kcal (36.2%), Fat: 47.89g (73.68%), Saturated Fat: 17.91g (111.93%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 24.59g (8.94%), Sugar: 5.29g (5.87%), Cholesterol: 161.45mg (53.82%), Sodium: 1620.29mg (70.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.89g (87.77%), Vitamin B12: 4.94µg (82.34%), Zinc: 9.94mg (66.26%), Selenium: 46.03µg (65.76%), Vitamin B3: 11.71mg (58.55%), Phosphorus: 424.66mg (42.47%), Vitamin B6: 0.82mg (41.25%), Vitamin A: 2013.44IU (40.27%), Iron: 6.62mg (36.78%), Vitamin B2: 0.51mg (29.77%), Manganese: 0.51mg (25.6%), Vitamin B1: 0.38mg (25.12%), Potassium: 857.53mg (24.5%), Folate: 72.83µg (18.21%), Magnesium: 58.47mg (14.62%), Calcium: 128.95mg (12.9%), Vitamin C: 10.39mg (12.6%), Vitamin B5: 1.2mg (11.95%), Copper: 0.23mg (11.65%), Vitamin K: 11.66µg (11.11%), Vitamin E: 1.31mg (8.76%), Fiber: 1.83g (7.32%), Vitamin D: 0.23µg (1.53%)