



The Juiciest Hamburgers Ever

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



3

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beer
- 3 servings pepper black freshly ground to taste
- 1 teaspoon garlic powder
- 1 pound ground beef
- 0.5 teaspoon onion salt
- 0.3 cup worcestershire sauce

Equipment

- grill

kitchen thermometer

Directions

- Shape the ground beef into three patties.
- Place the patties in a shallow dish.
- Combine the beer, Worcestershire sauce, garlic powder, onion salt, and pepper.
- Pour the marinade over the burgers. Refrigerate for 15 minutes. Flip the burgers over and marinate for an additional 15 minutes.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Place the patties on the hot grill and cook for 2 minutes before flipping them over. Cook the burgers to the desired degree of doneness, about 5 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:14.173478337734%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallicocatechin: 0.03mg, Gallicocatechin: 0.03mg, Gallicocatechin: 0.03mg, Gallicocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 422.16kcal (21.11%), Fat: 30.25g (46.54%), Saturated Fat: 11.61g (72.53%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.32g (2.57%), Cholesterol: 107.35mg (35.78%), Sodium: 788.99mg (34.3%), Alcohol: 1.53g (100%), Alcohol %: 0.9% (100%), Protein: 26.32g (52.63%), Vitamin B12: 3.24µg (54.06%), Zinc: 6.4mg (42.66%), Vitamin B3: 6.76mg (33.81%), Selenium: 23.28µg (33.25%), Phosphorus: 262.45mg (26.24%), Vitamin B6: 0.52mg (26.16%), Iron: 4.23mg (23.47%), Potassium: 615.53mg (17.59%), Vitamin B2: 0.26mg (15.59%), Magnesium: 31.99mg (8%), Vitamin B5: 0.78mg (7.84%), Copper: 0.15mg (7.35%), Vitamin B1: 0.09mg (5.83%), Calcium: 54.78mg (5.48%), Vitamin E: 0.65mg (4.31%), Folate: 15.26µg (3.82%), Vitamin C: 2.99mg (3.63%), Vitamin K: 3.12µg (2.97%), Manganese: 0.04mg (2.09%), Vitamin D: 0.15µg (1.01%)