



The Perfect Basic Burger

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dry fine
- ☐ 1 eggs
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon salt

Equipment

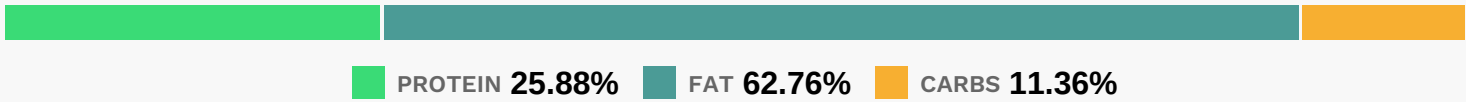
- ☐ bowl
- ☐ whisk

☐ grill

Directions

- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ In a medium bowl, whisk together egg, salt and pepper.
- ☐ Place ground beef and bread crumbs into the mixture. With hands or a fork, mix until well blended. Form into 4 patties approximately 3/4 inch thick.
- ☐ Place patties on the prepared grill. Cover and cook 6 to 8 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:12.684782722722%

Nutrients (% of daily need)

Calories: 357.71kcal (17.89%), Fat: 24.45g (37.61%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.29g (3.38%), Sugar: 0.88g (0.98%), Cholesterol: 121.43mg (40.48%), Sodium: 481.15mg (20.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.37%), Vitamin B12: 2.57µg (42.86%), Selenium: 23.8µg (34%), Zinc: 5.08mg (33.88%), Vitamin B3: 5.7mg (28.5%), Phosphorus: 223.62mg (22.36%), Vitamin B6: 0.4mg (20.1%), Iron: 3.07mg (17.06%), Vitamin B2: 0.27mg (16.06%), Vitamin B1: 0.18mg (12.27%), Potassium: 351.2mg (10.03%), Manganese: 0.17mg (8.56%), Vitamin B5: 0.82mg (8.16%), Folate: 27.6µg (6.9%), Magnesium: 26.84mg (6.71%), Copper: 0.12mg (5.75%), Calcium: 52.56mg (5.26%), Vitamin E: 0.59mg (3.96%), Vitamin K: 3.37µg (3.21%), Fiber: 0.67g (2.68%), Vitamin D: 0.33µg (2.22%), Vitamin A: 60.77IU (1.22%)