



The Stowe Show Sweet Burger



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown sugar
- ☐ 1.5 teaspoons celery seed
- ☐ 1 teaspoon basil leaves fresh chopped
- ☐ 2 teaspoons garlic powder
- ☐ 5 pounds ground beef
- ☐ 20 servings ground pepper black to taste
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 onion diced

- ☐ 20 servings salt to taste
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 2 cups worcestershire sauce

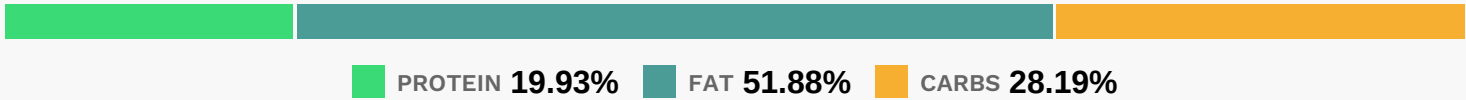
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat the grill for high heat.
- ☐ In a saucepan, mix the Worcestershire sauce, brown sugar, garlic powder, seasoned salt, celery seed, Italian seasoning, and basil. Stirring constantly, bring to a boil and cook 1 minute.
- ☐ In a large bowl, mix the sauce, ground beef, and onion. Form into burgers.
- ☐ Lightly oil the grill grate.
- ☐ Place burgers on the grill, and cook 5 minutes per side, or until well done. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:11.508695636107%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 397.1kcal (19.86%), Fat: 22.73g (34.97%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 27.58g (10.03%), Sugar: 24.34g (27.04%), Cholesterol: 80.51mg (26.84%), Sodium: 866.66mg

(37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.31%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.83mg (32.22%), Vitamin B3: 5.03mg (25.15%), Selenium: 17.54µg (25.06%), Iron: 3.96mg (22%), Phosphorus: 200.52mg (20.05%), Vitamin B6: 0.39mg (19.48%), Potassium: 571.84mg (16.34%), Vitamin B2: 0.21mg (12.15%), Calcium: 74.56mg (7.46%), Copper: 0.14mg (7.13%), Magnesium: 26.73mg (6.68%), Vitamin B5: 0.61mg (6.1%), Vitamin C: 4.01mg (4.87%), Vitamin B1: 0.07mg (4.84%), Vitamin E: 0.51mg (3.41%), Manganese: 0.07mg (3.29%), Vitamin K: 3.15µg (3%), Folate: 11.82µg (2.95%)