



The Twenty Dollar Burger

 Gluten Free

READY IN



107 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon horseradish

- ☐ 1 tablespoon chipotle-flavored hot sauce
- ☐ 2 pounds ground beef lean
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 teaspoon ground mustard
- ☐ 0.8 cup lowfat yogurt plain
- ☐ 1 small onion diced red
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Melt butter in a skillet over medium heat.
- ☐ Add red onion and garlic; cook and stir until the onion softens and begins to turn brown, about 8 minutes. Scrape onion into a large bowl.
- ☐ Add yogurt, salt, black pepper, cayenne pepper, mustard powder, garlic powder, horseradish, parsley, cilantro, Worcestershire sauce, soy sauce, and hot sauce.
- ☐ Whisk together until smooth.
- ☐ Mix in the ground beef until evenly blended with the yogurt mixture. Cover, and refrigerate at least 1 hour.
- ☐ Preheat an outdoor grill for medium-high heat. Shape mixture in to 6 patties 1/2 inch thick, and 5 inches across.
- ☐ Grill burgers until no longer pink in the center, about 6 minutes per side.

Nutrition Facts



 PROTEIN **54.02%**  FAT **35.32%**  CARBS **10.66%**

Properties

Glycemic Index:45.83, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:18.603913110235%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 266.83kcal (13.34%), Fat: 10.19g (15.68%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.17g (2.24%), Sugar: 3.85g (4.27%), Cholesterol: 100.6mg (33.53%), Sodium: 859.12mg (37.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.15%), Vitamin B12: 3.56µg (59.37%), Zinc: 8.15mg (54.33%), Vitamin B3: 8.55mg (42.75%), Selenium: 28.61µg (40.87%), Phosphorus: 371.41mg (37.14%), Vitamin B6: 0.68mg (33.97%), Iron: 4.24mg (23.56%), Potassium: 724.54mg (20.7%), Vitamin B2: 0.34mg (20.28%), Vitamin K: 12.89µg (12.27%), Magnesium: 48.94mg (12.23%), Vitamin B5: 1.22mg (12.21%), Calcium: 90.53mg (9.05%), Copper: 0.16mg (7.97%), Manganese: 0.15mg (7.68%), Vitamin C: 6.19mg (7.5%), Vitamin B1: 0.1mg (6.71%), Vitamin A: 283.74IU (5.67%), Folate: 21.12µg (5.28%), Vitamin E: 0.65mg (4.34%), Fiber: 0.75g (3%), Vitamin D: 0.15µg (1.01%)