



The Very Best Burgers!

READY IN



25 min.

SERVINGS



10

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 12 ounces cheese blue crumbled
- ☐ 0.5 cup bread crumbs dry
- ☐ 2 eggs beaten
- ☐ 1 tablespoon garlic minced
- ☐ 3 pounds ground beef lean
- ☐ 0.5 medium onion chopped
- ☐ 0.5 medium potatoes shredded
- ☐ 2 teaspoons lawry's seasoned salt to taste

☐ 0.3 cup worcestershire sauce

Equipment

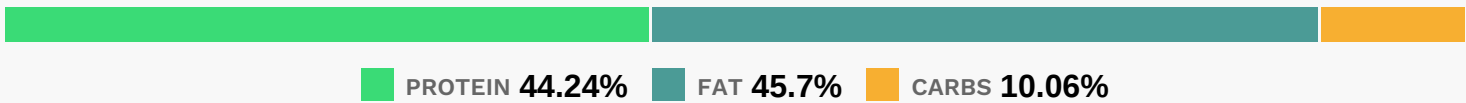
☐ bowl

☐ grill

Directions

- ☐ Preheat a grill for high heat. When the grill is hot, lightly oil the grate.
- ☐ In a large bowl, mix together the ground beef, potato, garlic, blue cheese, seasoned salt, pepper, onion, Worcestershire sauce, eggs and bread crumbs. Form into 10 balls, and flatten into patties.
- ☐ Grill for 5 minutes per side, or until well done.
- ☐ Serve on buns with your favorite condiments.

Nutrition Facts



Properties

Glycemic Index:19.98, Glycemic Load:1.78, Inflammation Score:-4, Nutrition Score:19.62652161847%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 357.57kcal (17.88%), Fat: 17.71g (27.25%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.16g (2.97%), Sugar: 1.55g (1.72%), Cholesterol: 142.62mg (47.54%), Sodium: 1088.54mg (47.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.16%), Vitamin B12: 3.56µg (59.34%), Zinc: 8.09mg (53.92%), Selenium: 32.89µg (46.98%), Phosphorus: 440.6mg (44.06%), Vitamin B3: 8.36mg (41.81%), Vitamin B6: 0.66mg (32.98%), Vitamin B2: 0.43mg (25.05%), Iron: 4.25mg (23.58%), Calcium: 218.76mg (21.88%), Potassium: 693.15mg (19.8%), Vitamin B5: 1.67mg (16.71%), Magnesium: 45.42mg (11.35%), Vitamin B1: 0.14mg (9.26%), Copper: 0.17mg (8.5%), Folate: 32.3µg (8.08%), Vitamin A: 313.46IU (6.27%), Manganese: 0.12mg (5.97%), Vitamin C: 3.65mg (4.42%), Vitamin E: 0.57mg (3.81%), Vitamin D: 0.48µg (3.21%), Fiber: 0.61g (2.45%), Vitamin K: 2.08µg (1.98%)