



## Wagyu Burgers



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds ground wagyu beef
- ☐ 4 servings salt and pepper to taste
- ☐ 4 buns
- ☐ 4 servings tomatoes sliced (, optional)

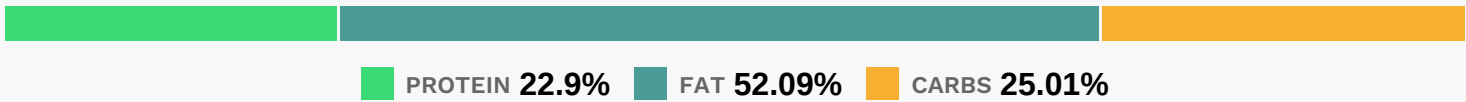
## Equipment

- ☐ grill

# Directions

- ☐ Season the ground beef with salt and pepper.
- ☐ Form into 4 patties 3/4 inches thick and press your thumb into the middle to form a depression on top prevent bulging.
- ☐ Brush the patties with oil, place on grill and cook until golden brown and slightly charred, about 3–5 minutes per side.
- ☐ Set aside, cover and let rest for 10 minutes.
- ☐ Assemble burgers to taste.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:24.8, Inflammation Score:-8, Nutrition Score:23.743477940559%

## Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 637.69kcal (31.88%), Fat: 36.58g (56.28%), Saturated Fat: 13.1g (81.89%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 36.29g (13.2%), Sugar: 9.06g (10.07%), Cholesterol: 120.77mg (40.26%), Sodium: 609.28mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.37%), Iron: 14.44mg (80.21%), Vitamin B12: 3.64µg (60.67%), Zinc: 7.42mg (49.44%), Vitamin B3: 8.26mg (41.3%), Selenium: 25.52µg (36.45%), Vitamin B6: 0.69mg (34.67%), Phosphorus: 311.95mg (31.2%), Vitamin A: 1499.4IU (29.99%), Vitamin C: 24.66mg (29.89%), Potassium: 885.9mg (25.31%), Vitamin B2: 0.29mg (16.82%), Vitamin K: 17.28µg (16.46%), Fiber: 3.22g (12.9%), Magnesium: 48.72mg (12.18%), Manganese: 0.22mg (11.14%), Vitamin E: 1.67mg (11.13%), Copper: 0.21mg (10.51%), Vitamin B5: 1.01mg (10.14%), Folate: 38.91µg (9.73%), Vitamin B1: 0.14mg (9.32%), Calcium: 55.13mg (5.51%), Vitamin D: 0.17µg (1.13%)