



Whiskey Hamburgers

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beer sam adams® (such as)
- 2 teaspoons garlic powder
- 1.5 pounds ground beef
- 1 teaspoon pepper black
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1.5 fluid ounce irish whiskey (such as Jack Daniel's®)
- 1 tablespoon worcestershire sauce

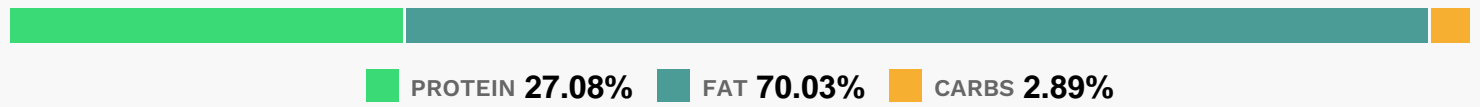
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Preheat an outdoor grill for medium-high heat; lightly oil the grate.
- Combine the ground beef, beer, Worcestershire sauce, whiskey, garlic powder, onion powder, salt, and pepper in a bowl; mix until evenly combined. Shape the mixture into 6 patties.
- Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, 5 to 8 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:10.019130386088%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 318.21kcal (15.91%), Fat: 22.7g (34.93%), Saturated Fat: 8.71g (54.43%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.34g (0.38%), Cholesterol: 80.51mg (26.84%), Sodium: 501.69mg (21.81%), Alcohol: 3.04g (100%), Alcohol %: 2.84% (100%), Protein: 19.75g (39.5%), Vitamin B12: 2.43µg (40.48%), Zinc: 4.8mg (31.98%), Selenium: 17.39µg (24.84%), Vitamin B3: 4.88mg (24.4%), Vitamin B6: 0.39mg (19.54%), Phosphorus: 188.21mg (18.82%), Iron: 2.46mg (13.66%), Vitamin B2: 0.18mg (10.37%), Potassium: 351.29mg (10.04%), Vitamin B5: 0.59mg (5.88%), Magnesium: 21.96mg (5.49%), Copper: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.87%), Manganese: 0.07mg (3.52%), Vitamin E: 0.48mg (3.19%), Calcium: 27.62mg (2.76%), Vitamin K: 2.63µg (2.51%), Folate: 9.49µg (2.37%)