

Wonnie Burgers!

READY IN



40 min.

SERVINGS



30

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound bulk pork sausage
- 1 ounce onion soup mix dry
- 2 eggs beaten
- 2 large cloves garlic minced
- 30 servings kosher salt and ground pepper black to taste
- 2 pounds ground beef lean
- 0.3 cup parmesan cheese grated
- 1 large onion diced sweet
- 1.5 tablespoons worcestershire sauce

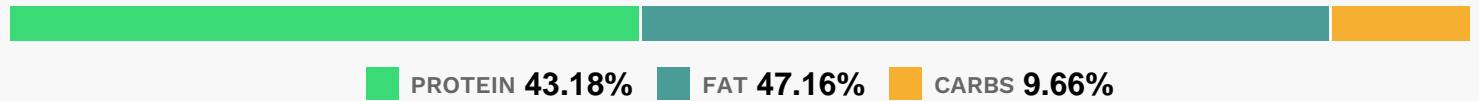
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Mix the ground beef, pork sausage, Parmesan cheese, eggs, sweet onion, garlic, onion soup mix, Worcestershire sauce, kosher salt, and black pepper together in a bowl until evenly incorporated. Shape into 10 patties.
- Cook on the preheated grill until the burgers are cooked through and no longer pink in the center, about 10 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.2621739519679%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 80.79kcal (4.04%), Fat: 4.12g (6.34%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.7g (0.77%), Cholesterol: 36.07mg (12.02%), Sodium: 179.53mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (16.99%), Vitamin B12: 0.78µg (13.05%), Zinc: 1.82mg (12.13%), Vitamin B3: 2.06mg (10.29%), Selenium: 6.69µg (9.56%), Phosphorus: 88.88mg (8.89%), Vitamin B6: 0.17mg (8.51%), Iron: 0.96mg (5.33%), Vitamin B2: 0.08mg (4.79%), Potassium: 158.34mg (4.52%), Vitamin B5: 0.31mg (3.15%), Vitamin B1: 0.04mg (2.86%), Magnesium: 10.34mg (2.59%), Copper: 0.04mg (2.2%), Calcium: 20.14mg (2.01%), Manganese: 0.04mg (1.8%), Folate: 5.66µg (1.42%), Vitamin D: 0.19µg (1.28%)