



9%
HEALTH SCORE

Zesty Hamburgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

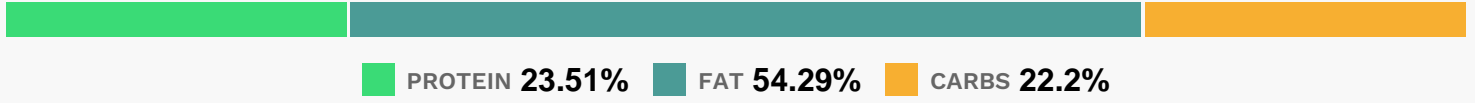
DINNER

Ingredients

- 2 teaspoons dijon mustard
- 1 pound ground beef
- 4 hawaiian rolls split
- 4 teaspoons horseradish prepared
- 1 teaspoon paprika
- 0.3 teaspoon pepper
- 0.1 teaspoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:14.965217391304%

Nutrients (% of daily need)

Calories: 413.65kcal (20.68%), Fat: 24.55g (37.77%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 21.34g (7.76%), Sugar: 3.62g (4.02%), Cholesterol: 80.51mg (26.84%), Sodium: 409.93mg (17.82%), Protein: 23.92g (47.84%), Selenium: 29.73µg (42.48%), Vitamin B12: 2.51µg (41.88%), Zinc: 5.13mg (34.23%), Vitamin B3: 6.68mg (33.38%), Phosphorus: 228.62mg (22.86%), Iron: 3.85mg (21.41%), Vitamin B6: 0.41mg (20.49%), Vitamin B1: 0.29mg (19.28%), Vitamin B2: 0.3mg (17.93%), Manganese: 0.29mg (14.5%), Folate: 51.65µg (12.91%), Potassium: 387.76mg (11.08%), Calcium: 88.45mg (8.85%), Magnesium: 32.82mg (8.21%), Copper: 0.13mg (6.3%), Vitamin B5: 0.6mg (5.96%), Fiber: 1.25g (5.01%), Vitamin A: 249.26IU (4.99%), Vitamin E: 0.74mg (4.91%), Vitamin K: 4.81µg (4.58%), Vitamin C: 1.82mg (2.2%)