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Ostrich Burger ♦

A delicious and healthy alternative to traditional burgers, made with lean ostrich meat. Perfect for a summer barbecue or a quick weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	ostrich meat
4 pieces	burger buns
100 g	lettuce
100 g	Tomato
50 g	onion
100 g	cheese

50 g	ketchup
50 g	mustard
5 g	Salt
5 g	Pepper

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the ostrich meat with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill or cook the ostrich meat for 4-5 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Toasting

Toast the burger buns on the grill or stovetop pan.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Assembling

Assemble the burgers by placing the cooked ostrich meat on the toasted buns.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnishing

Add lettuce, tomato, onion, cheese, ketchup, and mustard to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	15 mg	0.44%	0.58%
Zinc	30 mg	272.73%	375%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Barbecue

Picnic

Kitchen Tools

Grill

Course

Appetizers

Main Dishes

Side Dishes

Drinks

Sauces & Dressings

Cooking Method

Steaming

Cutting

Cut

None

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Lunch

Dinner

Difficulty Level

Medium

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