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Justaburger ♦♦

The Justaburger is a classic hamburger made with high-quality ingredients and cooked to perfection. It is a popular choice for meat lovers who enjoy a juicy and flavorful burger. The Justaburger can be customized with various toppings and condiments to suit individual preferences. It is typically served with a side of fries or a salad.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Ground Beef
4 pieces	Hamburger Buns
50 g	lettuce
100 g	Tomato

50 g	onion
50 g	Pickles
100 g	Cheese
50 g	ketchup
50 g	mustard
50 g	mayonnaise
5 g	Salt
2 g	Pepper

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Shape the ground beef into patties and season with salt and pepper.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the patties until cooked to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Grilling

Toast the hamburger buns on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Assemble the burgers by placing the cooked patties on the toasted buns and adding lettuce, tomato, onion, pickles, cheese, ketchup, mustard, and mayonnaise.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Serve the Justaburger with a side of fries or a salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
Cholesterol	80 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	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	400 mg	11.76%	15.38%
Zinc	5 mg	45.45%	62.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

American

Italian

Course

Side Dishes

Snacks

Events

Game Day

Diet

Anti-Inflammatory Diet

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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