



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Maple Dijon Burger ♦

The Maple Dijon Burger is a delicious and savory burger made with a blend of ground beef and maple syrup. It is topped with a tangy Dijon mustard sauce and served on a toasted bun. This burger is perfect for grilling and is a crowd-pleaser at any barbecue or cookout.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>500 g</b>	Ground Beef
<b>2 tbsp</b>	maple syrup
<b>2 tbsp</b>	dijon mustard
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper

4 pieces	Hamburger Buns
-------------	----------------

4 leaves	lettuce
-------------	---------

4 slices	Tomato
----------	--------

4 slices	onion
----------	-------

## Directions

---

### Step 1

#### Mixing

In a large bowl, combine the ground beef, maple syrup, salt, and black pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Forming

Form the mixture into 4 patties.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 4

Grilling

Grill the patties for 4-5 minutes per side, or until cooked to desired doneness.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

## Step 5

Mixing

While the patties are cooking, mix together the Dijon mustard and maple syrup in a small bowl.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 6

Grilling

Toast the hamburger buns on the grill for a few minutes, until lightly browned.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 7

Spread the Dijon mustard mixture on the bottom half of each bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 8

Place a cooked patty on top of the mustard mixture on each bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 9

Top each patty with lettuce, tomato, and onion slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 10

Cover with the top half of each bun and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 18 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	6 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	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
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	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Events

Barbecue Picnic

### Cuisines

Middle Eastern

### Nutritional Content

Low Calorie

### Kitchen Tools

Grill Slow Cooker

### Course

Main Dishes Snacks Sauces & Dressings

### Cultural

Diwali Hanukkah Oktoberfest Passover Ramadan St. Patrick's Day  
Thanksgiving Christmas Easter Halloween

### Cost

Under \$10

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)