



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Perfect Beef Burger ♦♦

The Perfect Beef Burger is a classic American dish loved by many. It is made with high-quality ground beef and seasoned to perfection. The burger is grilled to achieve a juicy and flavorful patty. It is typically served on a toasted bun with various toppings and condiments. This recipe will guide you through the steps to create the ultimate beef burger that will impress your friends and family.

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	Ground Beef
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

1 tsp	onion powder
2 tbsp	worcestershire sauce
4 pieces	Hamburger Buns
4 leaves	lettuce
4 slices	Tomato
4 slices	onion
8 pieces	pickles
4 tbsp	ketchup
2 tbsp	mustard
2 tbsp	mayonnaise

Directions

Step 1

Mixing

In a mixing bowl, combine the ground beef, salt, black pepper, garlic powder, onion powder, and Worcestershire sauce. Mix well until all the ingredients are evenly incorporated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Shaping

Divide the mixture into 4 equal portions and shape them into patties. Make sure the patties are slightly larger than the size of the buns, as they will shrink during cooking.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat the grill to medium-high heat. Place the patties on the grill and cook for about 4-5 minutes per side, or until they reach your desired level of doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Grilling

While the patties are cooking, toast the hamburger buns on the grill for a few minutes until they are lightly browned.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Assembling

Assemble the burgers by placing a lettuce leaf, tomato slice, onion slice, and pickles on the bottom half of each bun. Place a cooked patty on top and spread ketchup, mustard, and mayonnaise on the top half of the bun. Place the top half of the bun on the patty to complete the burger.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Perfect Beef Burgers immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Cuisines

American

Italian

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

Events

Picnic

Cooking Method

Cooking

Stir-frying

Mashing

Boiling

Baking

Plating

Serving

Whipping

Difficulty Level

Medium

Visit our website: healthdor.com