



Categories: Family Friendly. Keto. Low Carb. Dairy Free. Vegetarian

## *Burger Bowls*

Yield: 4

Prep time: [hours and minutes]

Total time: 10-15 minutes cook

### *Ingredients*

Ground Beef, grass-fed | 1 pound

Ground Mustard | 1 tablespoon

Worcestershire Sauce | ½ tablespoon

Garlic Salt | 1 teaspoon

Cracked Pepper | 1 teaspoon

### *Directions*

Combine all ingredients.

Divide into fourths, form patties.

Grill.

Create burger bowl with 2 cups mixed greens, and preferred topping including diced onions, diced tomatoes, sliced pickles, cheese, mustard.

\*Toppings should be weighed for accurate macronutrient totals.

\*\*NEED MORE PROTEIN? Add a fried egg or crumbled bacon.

## Macronutrient Breakdown for Burger Patty

Calories: 236.6 kcal | Carbohydrates: 1g | Protein: 22.5 g | Fat: 15 g | Sodium: 347 mg

Burger Patty (for Burger Bowls)		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	236.6 kcal	12 %
<b>Total Fat</b>	15 g	23 %
Saturated Fat	6.1 g	30 %
Trans Fat	0.9 g	
<b>Cholesterol</b>	70.3 mg	23 %
<b>Sodium</b>	347.4 mg	14 %
<b>Total Carbohydrate</b>	1.4 g	0 %
Dietary Fiber	0.4 g	1 %
Sugars	0.3 g	
<b>Protein</b>	22.5 g	45 %
Vitamin A	0 % • Vitamin C	1 %
Calcium	2 % • Iron	14 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="https://cronometer.com">cronometer.com</a>		