

Garlic Burger Patties

Yield: 6 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/burger-patties-recipe-indian>

Ingredients:

- 2 pounds ground beef preferably chuck
- 1 tablespoon Worcestershire sauce
- 2 teaspoons soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 1 teaspoon salt
- grapeseed oil for prepping the grill
- 6 slices cheddar cheese sharp

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 130 milligrams
4. Fat: 32 grams
5. Protein: 36 grams
6. SaturatedFat: 15 grams
7. Sodium: 800 milligrams
8. Sugar: 1 grams
9. TransFat: 1.5 grams

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