

Greek Style Beef Burgers

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-hamburger-steak-recipe>

Ingredients:

- 500 grams lean minced beef 18 ounces
- 1 tomato
- 1 egg
- 1 small red onion
- 1 garlic minced
- 1 teaspoon oregano
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/4 olive oil
- 2/3 cup breadcrumbs

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 130 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 3 grams
8. Sodium: 1410 milligrams
9. Sugar: 3 grams

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