

# Grilled Hamburger

Yield: 6 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-beef-patty-with-cheese-recipe>

## Ingredients:

- 2 pounds ground beef
- salt
- pepper
- garlic powder
- 1 tablespoon Irish butter per patty
- English muffins or hamburger buns per patty
- cheese your choice, optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 125 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 12 grams
8. Sodium: 300 milligrams
9. TransFat: 1.5 grams

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