

# Best Basic Burger

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/july-4th-party-recipe>

## Ingredients:

- 1 1/2 pounds ground beef at least 80 % lean, a.k.a. 80/20
- 1 egg
- 3/4 teaspoon salt
- 3/4 teaspoon ground black pepper freshly
- 3/4 cup seasoned bread crumbs
- 1 tablespoon worcestershire sauce

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 170 milligrams
4. Fat: 27 grams
5. Protein: 36 grams
6. SaturatedFat: 11 grams
7. Sodium: 750 milligrams
8. Sugar: 1 grams
9. TransFat: 1.5 grams

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