

Roasted Hamburgers

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-hamburgers-recipe>

Ingredients:

- 1 1/2 teaspoons kosher salt plus more for lining the pan
- 2 pounds ground beef preferably chuck
- 1 tablespoon worcestershire sauce
- 1/2 teaspoon ground black pepper freshly, or more to taste
- 6 hamburger buns toasted, English muffins, split focaccia, or slices of other favorite bread
- cheddar cheese
- sliced tomato
- lettuce
- onion
- hamburger
- mustard
- ketchup
- pickles

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 105 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 10 grams
8. Sodium: 1090 milligrams
9. Sugar: 5 grams
10. TransFat: 1.5 grams

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