

# All-American Grilled Hamburgers

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-brazilian-style-grilled-meat-picana>

## Ingredients:

- 4 hamburger patties
- 1 pound ground beef 80/20
- burgers optional
- meat optional

## Nutrition:

1. Calories: 690 calories
2. Cholesterol: 215 milligrams
3. Fat: 49 grams
4. Protein: 59 grams
5. SaturatedFat: 20 grams
6. Sodium: 200 milligrams
7. TransFat: 3 grams

---

Thank you for visiting our website. Hope you enjoy All-American Grilled Hamburgers above. You can see more 15 recipe brazilian style grilled meat picana Deliciousness awaits you! to get more great cooking ideas.