

# Southern Burgers

Yield: 7 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-burgers-recipe>

## Ingredients:

- 1 pound ground beef
- 1 slice bread crumbled
- 1 egg
- 2 tablespoons prepared mustard
- 3 tablespoons worcestershire sauce
- garlic salt to taste
- pepper
- salt

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 4 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams
10. TransFat: 0.5 grams

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