

Perfect Juicy All-Beef Burger

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-burger-recipe>

Ingredients:

- 1 1/4 pounds ground beef 80/20, we like sirloin
- pepper
- salt

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 95 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 290 milligrams
9. TransFat: 1.5 grams

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