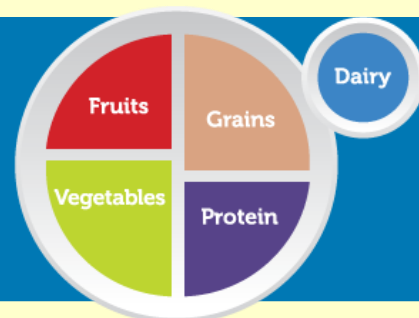


The Great American Hamburger



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There are approximately 50 single nutrients essential to good health and no single food contains them all. That is why it is recommended that we consume a variety of foods from MyPlate daily.

Significant amounts of several important nutrients are available in an American staple, the hamburger patty:

Protein – nutritionally complete protein contains all eight essential amino acids in ideal proportions to maintain tissues and for energy.

Phosphorus – for strong bone maintenance.

Iron – heme, the most usable form of iron, comprises 60% of the iron in beef.

Riboflavin & Thiamin – vitamins which act as part of co-enzymes to release energy from food.

Niacin – for healthy nerves.

Vitamin B6 – a co-enzyme for protein utilization.

Vitamin B12 – found only in animal foods. It prevents anemia.

Fats – for energy and to satisfy appetite.

Zinc – trace mineral as part of enzymes. It helps wounds to heal and enhances sense of taste.

To Get the Best Burgers

The meat labeling system used across the U.S. tells you the leanness of ground beef. Leanness refers to the ratio of fat to lean. The less fat, the leaner the beef. Ground beef can come from one of several muscles or primal cuts. It is more or less lean depending on where it comes from on the beef carcass.

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Nutrition Facts	
Serving Size: <input type="text" value="1"/>	
patty (yield from 1/4 lb raw meat) (70g)	
Amount Per Serving	
Calories 195	Calories from Fat 118
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5.1g	26%
Cholesterol 62mg	21%
Sodium 55mg	2%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.

Above is nutrition for 4 oz. raw ground beef at 75% lean/25% fat

Below is nutrition for 4 oz. raw ground beef at 80% lean/20% fat

Nutrition Facts	
Serving Size: <input type="text" value="1"/>	
patty (yield from 1/4 lb raw meat) (77g)	
Amount Per Serving	
Calories 209	Calories from Fat 123
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5.2g	26%
Cholesterol 70mg	23%
Sodium 58mg	2%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.

Ground beef is more perishable than most foods due to it being broken into tiny particles.

To get the best burger, here is what you should know.

The patty is the backbone of your burger. Your choices at the meat counters are ground beef, ground chuck, ground round and ground sirloin.

Ground chuck is the most flavorful because it has the most fat. It will also shrink the most during cooking and causes “flare-ups” while grilling.

Ground round is the leanest of the four and will make a dry patty unless liquid is added. Sirloin has a wonderful flavor but is also the most expensive.

Keeping Quality

Once you have bought quality ground beef, you need to take precautions to keep it top quality. Because ground beef is broken up into tiny particles, it loses quality much faster than steaks and roasts. To keep your ground beef top quality:

- ★ Refrigerate as soon as possible once purchased.
- ★ Use within a day or two. If you must keep ground beef longer, freeze it.
- ★ Oven-cooking or slow cooking causes drying out of patties, so cook patties quickly.
- ★ Handle as little as possible and gently. Mashing hamburger meat before or during cooking helps cause dry, hard patties.
- ★ Cook patties and hamburger steaks quickly and until pink has disappeared and the juice runs clear. They are safe when they reach 160°F.
- ★ Ground meat is more perishable than most foods. In the danger zone (between 40° and 140°F), bacteria can multiply rapidly. Since you can't see, smell or taste bacteria, keep the product cold to keep it safe.

Safe Handling

Choose ground meat packages that are cold and tightly wrapped. The meat surface exposed to air will be red; interior of fresh meat will be dark.

- Put refrigerated and frozen foods in your grocery cart last and make the grocery store your last stop before home.
- Pack perishables in an ice chest if it will take you more than an hour to get home.
- Burgers must be cooked well done due to food borne illness issues. Ground beef should be cooked to 160°F. To check doneness, use a clean instant-read thermometer and insert it horizontally into the patty, away from the heat source.

Safe Storage

- ★ Set your refrigerator at 39°F or colder and your freezer at 0°F or colder.
- ★ Keep uncooked ground meat in the refrigerator; cook or freeze within 1 or 2 days.
- ★ Use or freeze cooked meat stored in the refrigerator within 3 to 4 days.
- ★ For best quality, store frozen raw ground meats no longer than 3 to 4 months; keep cooked meats 2 to 3 months.
- ★ Cooking kills harmful bacteria. Be sure ground meat is cooked thoroughly to an internal temperature of 160°F.

Burger Recipes

Try some of the following recipes next time you're ready for a great American grilled hamburger.

Delicious Summer Hamburger

- 1 lb. ground beef
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. liquid smoke
- 1 tsp. garlic powder
- ¼ Tbsp. olive oil
- seasoned salt to taste

Preheat grill for high heat. In a medium bowl, lightly mix ground beef, Worcestershire sauce, liquid smoke and garlic powder. Form into patties, handling the meat minimally. Brush both sides of each patty with some oil; season with seasoned salt. Place the patties on the grill grate and cook about 5 minutes per side or until thermometer reaches 160°F.

Zesty Hamburger

- 1 lb. ground beef
- 4 tsp. prepared horseradish
- 2 tsp. spicy mustard
- 1 tsp. paprika
- ¼ tsp. pepper
- ⅛ tsp. salt

Combine all ingredients; mix well. Shape into 4 patties. Grill until thermometer reaches 160°F.

Teriyaki Burger

- 1 lb. ground beef
- 1 (3 oz.) can French-fried onions
- ¼ cup teriyaki sauce
- salt and pepper to taste
- 4 burger buns, toasted

In a large bowl, combine ground beef, teriyaki sauce, onions, salt and pepper. Shape into 4 patties. Grill over indirect medium heat for 4-5 minutes on each side, or until meat thermometer reaches 160°F. Serve on split, toasted buns.



“Be sure ground meat is cooked thoroughly to an internal temperature of 160°F by inserting a clean, instant-read thermometer horizontally into the patty, AWAY from the heat source.”

CALORIES IN CONDIMENTS		
Condiment	Amt.	Cal.
Ranch Dress.	1 Tbsp	145
Olive Oil	1 Tbsp	120
American Cheese	1 slice	104
Mayonnaise	1 Tbsp	90
Avocado	¼ fruit	81
Jalapeno Pepper	1 cup sliced	27
Ketchup	1 Tbsp	20
Soy Sauce	1 Tbsp	10
Siracha	1 tsp	5
Dill Pickle	1 slice	5
Tomato	1 slice	3
Mustard	1 tsp	0
Tabasco	1 tsp	0

Grilled Hamburger Steaks with Roasted Onions

4 ground beef patties (4 to 6 ounces each)	2 large sweet onions, cut in half, then thinly sliced & separated
2 Tbsp. steak sauce	2 Tbsp. brown sugar, packed
1 envelope onion soup mix	1 Tbsp. balsamic vinegar

Heat coals or gas grill for direct heat. Spray two 18x12" sheets of heavy-duty foil with cooking spray. Brush beef with steak sauce; sprinkle with half of the dry soup mix. Place half of the onions on the center of each foil piece. Sprinkle with remaining soup mix, brown sugar and vinegar. Fold foil over onions so edges meet. Seal edges, making tight ½" fold; fold again. Allow space on sides for circulation. Cover & grill packets and beef patties 4 to 6 inches from medium heat for 10-15 minutes, turning patties and rotating packets ½ turn once or twice, until thermometer reads 160°F. Place packets and patties on plates Cut large X across the top of each packet; fold back foil.

Mushroom Bacon Burgers

1 lb. ground beef	1 tsp. Worcestershire sauce
1 (4 oz.) can mushroom stems and pieces, drained	1 tsp. soy sauce
4 bacon strips, cooked and crumbled	½ tsp. salt
2 Tbsp. diced green onions	4 burger buns

In a bowl, combine all except buns; mix well. Shape into 4 or 5 patties. Grill over medium-hot coals for 10-12 minutes or until meat thermometer reaches 160°F. Serve on buns with desired toppings.

Western Burger Wraps

1 lb. lean ground beef	⅛ tsp. ground black pepper
1 jalapeno pepper, seeded and chopped	4 romaine or iceberg lettuce leaves
2 tsp. chopped onion	1 tomato, sliced
2 tsp. finely chopped fresh cilantro	1 avocado, sliced
⅛ tsp. salt	1 onion, thinly sliced

Combine ground beef, jalapeno pepper, onion, cilantro, salt and black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four ½-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8-10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until thermometer registers 160°F, turning occasionally. Place each burger on lettuce leaf. Evenly top with tomato, avocado & onion slices. Wrap lettuce leaves around burgers.



While turkey bacon contains fewer calories than pork bacon, the difference per 2-ounce serving is small – 218 vs 268 calories. Two ounces of turkey bacon has more than 1,900 milligrams of sodium while the same amount of pork bacon contains roughly 1,300 milligrams.



Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.
