

Deviled Beef Patties

Sandra Pierson - Tynes, KY
Southern Living - 1987 Annual Recipes

Servings: 4

- 1 pound ground chuck
- 1/4 cup chili sauce
- 1 tablespoon onion, minced
- 1 teaspoon prepared mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- vegetable cooking spray

Preheat the broiler.

In a bowl, combine the ground chuck, chili sauce, onion, mustard, horseradish, Worcestershire sauce and pepper. Stir well.

Shape into four patties.

Place the patties on a broiler pan coated with cooking spray.

Broil five inches from the heat for 4 minutes on each side.

Per Serving (excluding unknown items): 306 Calories; 24g Fat (70.9% calories from fat); 20g Protein; 1g Carbohydrate; trace Dietary Fiber; 85mg Cholesterol; 114mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	306
% Calories from Fat:	70.9%
% Calories from Carbohydrates:	1.9%
% Calories from Protein:	27.2%
Total Fat (g):	24g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	85mg
Carbohydrate (g):	1g
	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	12mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 20g
Sodium (mg): 114mg
Potassium (mg): 400mg
Calcium (mg): 14mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 1122IU
Vitamin A (r.e.): 112 1/2RE

Grain (Starch):
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 306 Calories from Fat: 217

% Daily Values*

Total Fat	24g	36%
Saturated Fat	9g	47%
Cholesterol	85mg	28%
Sodium	114mg	5%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	2%
Protein	20g	

Vitamin A	22%
Vitamin C	22%
Calcium	1%
Iron	12%

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