

File Created by [Blogging Rebirth](#) WP Plugin

Healthy Burger Recipes For Weight Loss Diets

Healthy Burger Recipes for Weight Loss Diets

If you're on a weight loss diet, You're wrong if you think you can no longer indulge in traditional 'junk' foods like hamburgers! It's a common assumption but the fact is that you CAN indulge yourself by modifying your recipe to create healthy burger recipes that substitute low calorie, low fat ingredients for traditional ingredients with higher calorie content.

Traditional ground beef is high in fat and calories. Hamburgers are often made from the lowest grade of ground beef which contains around 70% lean meat and 30% fat. In terms of calories, this meat contains approximately 1,488 calories per pound, so it's hardly surprising that normal burgers are inappropriate for weight loss diets.

Thankfully, there are meats that contain much fewer calories. Even switching to the highest grade ground beef which contains 95% lean meat and only 5% fat is a massive improvement at around 608 calories per pound. But even better options exist if you can afford them as they are generally more expensive cuts. Always remember to trim any excess fat off meats that you grind yourself.

Healthy Burger Recipes



Healthy Burger Recipes For Weight Loss

Hamburger Patty Ingredients

1 egg white
1 lb (450g) lean meat
1/2 cup oat bran
Salt and pepper to taste

Meat options

Moose/Elk (463 calories per lb/454g)
Buffalo/Bison (494 calories per lb/454g)
Kangaroo (464 calories per lb/454g)
95% Lean Beef (622 calories per lb/454g)

Combine ingredients well then form into four large, evenly shaped patties. Cook in a non stick skillet WITHOUT oil to avoid adding excess calories. If absolutely necessary a small amount of cooking spray may be used.

For the fillings

2 cups of shredded lettuce
6 oz (180g) sliced tomato
1/2 cup sliced onion
4 poached eggs
4 fat free processed cheddar cheese slices

For the bun

8 Large Portabello mushrooms

This recipe serves 4 people. Based upon a basic burger (without sauce etc) made with 95% lean beef, this recipe contains approximately 350 calories per complete hamburger... compared to a burger made with regular hamburger mince, a whole egg, bread crumbs, full fat cheese and a hamburger bun which contains around 675 calories per burger.

So you can almost halve your calories in your burger by using low fat options. Using lean ground Moose, Buffalo or Kangaroo meat will reduce the calories even further... turning it into a steak sandwich saves an additional 30 calories.

Healthy Burger Recipes - Beef and Lentil Burger

8 oz cooked lentils, well drained and mashed
8 oz ground lean meat
1/2 cup oat bran
1 sm. chopped onion
1 egg white
Salt and pepper to taste

[How to cook lentils](#)

Combine all ingredients well. Form into four large, evenly shaped patties. Cook in a non stick skillet WITHOUT oil to avoid adding excess calories. If absolutely necessary a small amount of cooking spray may be used.

As you can see, it is possible for people on weight loss diets to enjoy healthy burger recipes.

You can also find this article published on [Healthy Burger Recipes For Weight Loss Diets](#), and on the tag pages [Weight Loss Foods](#).