

### Bunless Burgers & Avocado

#### INGREDIENTS

1 lb 80/20 Ground Beef (455 g)  
4 tbsp Mayo (60 g)  
2 tbsp Hot Sauce ( g)  
2 Avocados (400 g)  
½ large Onion (175 g)

#### NUTRITION (per serving)

Number of Servings - 4  
569 Calories  
Fat - 49 g  
Protein - 22 g  
Carbohydrate - 13 g  
Fiber - 8 g  
Sugar - 3 g  
**NET CARBS - 5 g**

#### DIRECTIONS

1. Form the ground beef into 4 patties
2. Put a large saute pan on medium high heat
3. Place the patties in to brown for 3-4 minutes each side
4. While the burgers cook, dice the onion and mix together the mayo/hot sauce in a small bowl
5. Remove the burgers, and cook the onions in the rendered beef fat for 5-10 minutes
6. Serve the burgers with a spoonful of the hot mayo, onions and sliced avocado  
**TIP:** Don't enjoy salads? Put a handful of spinach on the burgers!

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