
Low Carb Flying Dutchman Burger

with Green Bean Fries



2 Servings

What we send

- 10 oz pkg grass-fed ground beef
- 1 yellow onion
- 3¼ oz dill pickles
- 2 oz shredded cheddar-jack blend ⁷
- 1 lb green beans
- 1½ oz pkt Worcestershire sauce ⁴
- 2 oz mayonnaise ^{3,6}

What you need

Tools

Allergens

Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 25g, Carbs 11g, Protein 36g

1.

4.

2.

5.

3.

6.