

DINNERLY

Low Carb: Flying Dutchman Burger with Romaine Salad



2 Servings

WHAT WE SEND

- 10 oz pkg grass-fed ground beef
- 1 yellow onion
- 2 oz shredded cheddar-jack blend ⁷
- 2 oz mayonnaise ^{3,6}
- 1 romaine heart
- 1 plum tomato
- ¼ oz Dijon mustard

WHAT YOU NEED

TOOLS

ALLERGENS

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 46g, Carbs 22g, Protein 37g



Extra credit!