



A Burger for Rachael

READY IN



65 min.

SERVINGS



4

CALORIES



986 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons anchovy paste
- 10 basil leaves shredded
- 0.8 cup olives green black pitted
- 3 tablespoons capers
- 4 crusty rolls split such as sesame kaiser rolls,
- 2 teaspoons fennel seed
- 1 Handful flat-leaf parsley fresh
- 4 sprigs rosemary fresh finely chopped
- 4 cloves garlic

- 1 tablespoon grill seasoning
- 0.5 pound ground pork
- 0.5 pound ground sirloin
- 4 large idaho potatoes scrubbed
- 1 teaspoon lemon zest
- 0.3 cup olive oil extra-virgin divided
- 4 slices sharp provolone smoked thinly sliced
- 0.5 onion red
- 2 teaspoons pepper flakes red divided crushed
- 4 servings salt and pepper black freshly ground
- 2 vine-ripe tomatoes
- 2 teaspoons worcestershire sauce

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- grill

Directions

- Watch how to make this recipe.
- Preheat oven to 500 degrees F.
- Cut 10 wedges from each potato and place on a baking sheet.
- Drizzle a couple tablespoons of oil over the potatoes to coat them lightly, then season with rosemary, salt and pepper, to taste, and 1 teaspoon crushed red pepper flakes. Crack a couple of garlic cloves and add to the potatoes. Roast 25 minutes, turning once.
- Remove from the oven, set aside and keep warm.

- Heat 1 tablespoon oil in a large skillet over medium-high heat.
- Place ground meats in a bowl and add 2 to 3 cloves of grated garlic, grill seasoning, fennel seed, 1 teaspoon crushed red pepper flakes and Worcestershire sauce.
- Mix the ingredients well and form into 4 patties. Make patties thinner in the center, since burgers tend to bulge as they cook. Cook burgers 5 to 6 minutes on each side.
- While burgers cook, slice the tomatoes and onion.
- In a food processor, combine capers, parsley, anchovy paste, lemon zest and olives. Turn processor on and drizzle in 3 to 4 tablespoons oil until a thick paste forms.
- Place the cheese on top of the burgers and allow to melt.
- Toast buns and place burgers on the bottoms. Top with tomato, onions and basil. Slather the bun tops with some olive tapenade and cover the burgers with bun tops.
- Serve with oven fries.

Nutrition Facts



■ **PROTEIN 15.68%**
■ **FAT 45.45%**
■ **CARBS 38.87%**

Properties

Glycemic Index:85.19, Glycemic Load:53.77, Inflammation Score:-9, Nutrition Score:41.834347916686%

Flavonoids

Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 8.05mg, Kaempferol: 8.05mg, Kaempferol: 8.05mg, Kaempferol: 8.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg

Nutrients (% of daily need)

Calories: 985.73kcal (49.29%), Fat: 50.48g (77.66%), Saturated Fat: 14.72g (91.99%), Carbohydrates: 97.11g (32.37%), Net Carbohydrates: 87.88g (31.96%), Sugar: 5.35g (5.95%), Cholesterol: 95.04mg (31.68%), Sodium: 1205.41mg (52.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.19g (78.39%), Vitamin B6: 1.88mg (93.9%), Vitamin B1: 1.03mg (68.45%), Potassium: 2229.92mg (63.71%), Vitamin B3: 12.17mg (60.83%), Selenium: 42.28µg (60.39%), Manganese: 1.16mg (57.82%), Phosphorus: 574.8mg (57.48%), Vitamin K: 56.42µg (53.73%), Iron: 7.82mg (43.42%), Vitamin C: 34.97mg (42.39%), Zinc: 6.26mg (41.75%), Fiber: 9.24g (36.94%), Magnesium: 144.94mg (36.24%), Vitamin B2: 0.59mg (34.83%), Copper: 0.66mg (33.13%), Vitamin E: 4.88mg (32.54%), Vitamin B12: 1.93µg (32.18%), Folate: 127.13µg (31.78%), Calcium: 317.64mg (31.76%), Vitamin A: 1263.91IU (25.28%), Vitamin B5: 2.23mg (22.29%), Vitamin D: 0.2µg (1.35%)