



A Day in the Life of a Los Angeles Times 5 Star Steakhouse Burger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



25 kcal

SIDE DISH

Ingredients



6 servings caramelized onions for recipe (see notes)



6 servings mushroom reduction for recipe (see notes)



0.5 cup steak sauce for recipe, or use bottled (see notes)

Equipment



grill

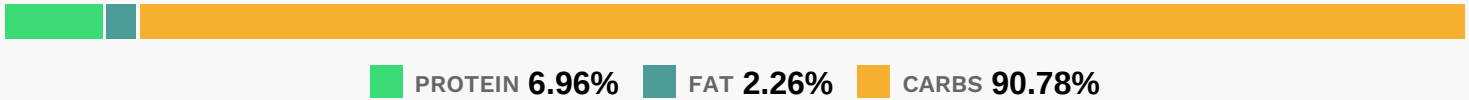


aluminum foil

Directions

- ☐ Remove the burgers from the refrigerator and set aside for about 15 minutes. Meanwhile, heat the grill.Halve the burger buns and brush the bottoms with steak sauce.Grill the burgers, brushing the tops with steak sauce after they are flipped. Just before the burgers are finished, add the buns to lightly toast. When the burgers are done, remove and rest under aluminum foil for about 10 minutes.
- ☐ Add a large scoop of mushrooms to the bottom of each bun.
- ☐ Place a burger over the mushrooms and top with caramelized onions, then the bun top.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.2404347808789%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 24.9kcal (1.25%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.59g (2.87%), Cholesterol: 0mg (0%), Sodium: 325.15mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 2.47mg (2.99%), Manganese: 0.05mg (2.7%), Potassium: 86.44mg (2.47%), Copper: 0.05mg (2.31%), Fiber: 0.56g (2.24%), Vitamin B6: 0.04mg (1.98%), Iron: 0.31mg (1.7%), Vitamin E: 0.23mg (1.54%), Magnesium: 4.93mg (1.23%), Phosphorus: 11.7mg (1.17%), Vitamin A: 58.32IU (1.17%), Vitamin B3: 0.23mg (1.17%), Folate: 4.59µg (1.15%), Vitamin B2: 0.02mg (1.1%)