



Ale House Burgers with Red Onion Compote

READY IN



78 min.

SERVINGS



4

CALORIES



1227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beer
- ☐ 1.3 cups beer
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons grill seasoning
- ☐ 3 pounds ground beef
- ☐ 4 hamburger rolls toasted
- ☐ 2 onions red sliced
- ☐ 4 servings romaine lettuce
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 0.5 cup cheddar shredded
- ☐ 0.5 cup water

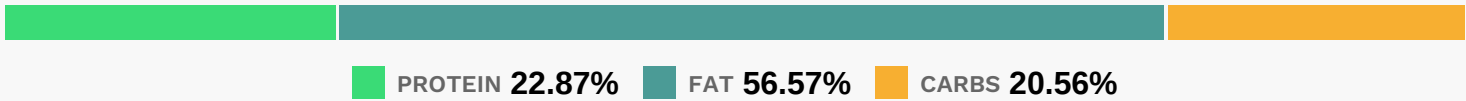
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a medium saucepan add 1/2 cup water, beer, brown sugar, and red onions. Season with salt and pepper, to taste, and stir to combine. Bring to a boil then reduce to a simmer. Simmer, stirring occasionally for about 1 hour or until the mixture has thickened and has reduced to about 2 cups.
- ☐ Transfer to a bowl and set aside to cool completely.
- ☐ In a large bowl mix together the ground beef, beer and grill seasoning until well incorporated. Reserve half of the mixture for Round 2 Meatloaf recipe. Shape the remaining beef into 4 equal portions and flatten each portion.
- ☐ Place 2 tablespoons of cheese in the center of each and wrap the edges around the cheese to form a ball. Flatten each ball into patties.
- ☐ Place on platter and cover. Refrigerate if not cooking immediately.
- ☐ Set up grill or indoor grill pan for direct cooking over medium-high heat. When ready to start grilling, oil the grate.
- ☐ Place patties on the hot oiled grill and cook 4 to 5 minutes per side for medium.
- ☐ Serve over lettuce on toasted buns topped with red onion compote. (Reserve leftover compote for Round 2 Ale and Onion Meatloaf.)

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:48.27695688994%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.05mg, Quercetin: 13.05mg, Quercetin: 13.05mg, Quercetin: 13.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1227.09kcal (61.35%), Fat: 74.99g (115.36%), Saturated Fat: 29.3g (183.13%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 57.57g (20.93%), Sugar: 33.26g (36.95%), Cholesterol: 255.66mg (85.22%), Sodium: 555.01mg (24.13%), Alcohol: 3.45g (100%), Alcohol %: 0.64% (100%), Protein: 68.2g (136.39%), Vitamin A: 7599.75IU (151.99%), Vitamin B12: 7.53µg (125.56%), Vitamin K: 112.14µg (106.8%), Zinc: 15.43mg (102.84%), Selenium: 68.35µg (97.64%), Vitamin B3: 17.06mg (85.3%), Phosphorus: 704.15mg (70.41%), Vitamin B6: 1.34mg (67.16%), Iron: 9.97mg (55.37%), Folate: 201.61µg (50.4%), Vitamin B2: 0.79mg (46.55%), Potassium: 1347.59mg (38.5%), Manganese: 0.65mg (32.52%), Vitamin B1: 0.48mg (32.01%), Calcium: 311.33mg (31.13%), Magnesium: 101.67mg (25.42%), Vitamin B5: 2.03mg (20.28%), Copper: 0.36mg (18.08%), Fiber: 3.75g (14.98%), Vitamin E: 1.77mg (11.77%), Vitamin C: 8.27mg (10.02%), Vitamin D: 0.42µg (2.83%)