



Almost-Famous Animal-Style Burgers

READY IN



55 min.

SERVINGS



4

CALORIES



1067 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 0.3 cup dill pickles sliced
- ☐ 2 pounds ground beef chuck lean preferably 60 percent
- ☐ 4 hamburger buns split
- ☐ 0.8 cup iceberg lettuce shredded
- ☐ 2 tablespoons catsup
- ☐ 4 servings kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 2 large onions finely chopped

- ☐ 4 servings pepper freshly ground
- ☐ 1 tablespoon relish sweet
- ☐ 4 slices tomatoes thin
- ☐ 2 tablespoons vegetable oil plus more for brushing
- ☐ 0.5 teaspoon vinegar white
- ☐ 0.3 cup mustard yellow

Equipment

- ☐ bowl
- ☐ frying pan

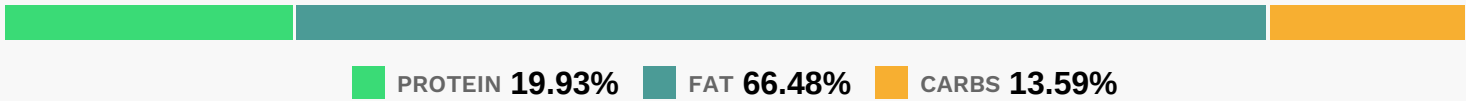
Directions

- ☐ Heat the vegetable oil in a large skillet over medium-low heat.
- ☐ Add the onions and 3/4 teaspoon salt, cover and cook, stirring occasionally, until golden and soft, about 30 minutes. (If the onions brown too quickly, reduce the heat to low.) Uncover, increase the heat to medium high and continue to cook, stirring often, until caramelized, about 8 more minutes.
- ☐ Add 1/2 cup water to the skillet, scraping up any browned bits from the bottom of the pan. Simmer, stirring, until the water evaporates, about 2 more minutes; transfer to a bowl and set aside. (The onions can be made up to 3 days ahead; cover and refrigerate, then reheat before using.)
- ☐ Mix the mayonnaise, ketchup, relish and vinegar in a bowl; set aside. Shape the beef into 8 patties, about 4 inches wide and 1/2 inch thick.
- ☐ Heat a griddle or skillet over medium heat; lightly brush with vegetable oil. Toast the buns on the griddle, split-side down.
- ☐ Spread each toasted bun bottom with about 1 tablespoon of the mayonnaise mixture, then top with a few pickles, some lettuce, 1 or 2 slices tomato and another dollop of the mayonnaise mixture; set aside. (Keep the griddle hot.)
- ☐ Season both sides of the patties with salt and pepper. Working in batches if necessary, put the patties on the griddle and cook 3 minutes.
- ☐ Spread about 1 1/2 teaspoons mustard on the uncooked side of each patty, then flip and top each with 1 slice cheese; continue cooking about 2 more minutes for medium doneness. Top 4

of the patties with caramelized onions, then cover with the remaining patties, cheese-side up. Sandwich the double patties on the buns.

 Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:15.3, Inflammation Score:-8, Nutrition Score:36.203043440114%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg

Nutrients (% of daily need)

Calories: 1067.29kcal (53.36%), Fat: 78.41g (120.62%), Saturated Fat: 28.12g (175.72%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 32.69g (11.89%), Sugar: 11.34g (12.6%), Cholesterol: 208.91mg (69.64%), Sodium: 1696.46mg (73.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.88g (105.76%), Vitamin B12: 5.59µg (93.1%), Selenium: 60.26µg (86.09%), Zinc: 11.18mg (74.56%), Phosphorus: 725.75mg (72.58%), Vitamin B3: 11.89mg (59.47%), Calcium: 581.61mg (58.16%), Vitamin K: 53.52µg (50.97%), Vitamin B6: 0.93mg (46.36%), Iron: 6.79mg (37.75%), Vitamin B2: 0.62mg (36.61%), Vitamin B1: 0.42mg (28.22%), Potassium: 972.32mg (27.78%), Manganese: 0.51mg (25.69%), Folate: 85.1µg (21.28%), Magnesium: 80.36mg (20.09%), Vitamin E: 2.78mg (18.53%), Vitamin A: 812.71IU (16.25%), Vitamin B5: 1.52mg (15.17%), Copper: 0.28mg (14.03%), Fiber: 3.38g (13.53%), Vitamin C: 10.78mg (13.07%), Vitamin D: 0.51µg (3.38%)