



Andouille and Beef Burgers with Spicy Mayo and Caramelized Onions

READY IN



45 min.

SERVINGS



6

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage cut into scant 1/4-inch cubes
- ☐ 8 ounces cheese blue crumbled
- ☐ 3 garlic clove minced
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 pounds ground beef (20 percent fat)
- ☐ 0.3 teaspoon pepper black
- ☐ 6 large hawaiian rolls split
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.8 cup mayonnaise
- ☐ 12 okra halved
- ☐ 2 tablespoons olive oil plus more for brushing grill rack
- ☐ 1.5 pounds onion thinly sliced
- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.3 teaspoon hot sauce hot
- ☐ 1 teaspoon salt
- ☐ 3 cups watercress
- ☐ 1 teaspoon creole seasoning

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill

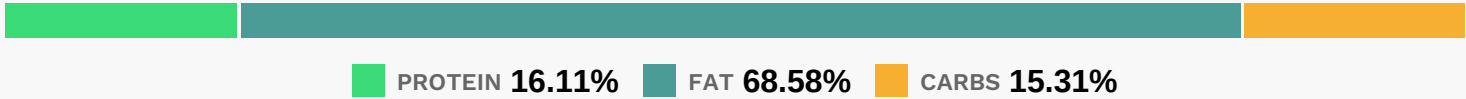
Directions

- ☐ Mix all ingredients in small bowl. Cover and chill.
- ☐ Do ahead: Can be made 2 days ahead. Keep chilled.
- ☐ Toss first 4 ingredients in large bowl.
- ☐ Add beef; blend gently. Shape mixture into six 1/2-inch-thick patties.
- ☐ Transfer patties to small baking sheet.
- ☐ Do ahead: Can be made 1 day ahead. Cover and chill.
- ☐ Prepare barbecue (medium-high heat). Toss onions and next 3 ingredients in large skillet.
- ☐ Place skillet on grill; cook until onions are golden, stirring often, about 25 minutes.
- ☐ Remove from grill; season with salt and pepper.
- ☐ Brush grill rack with olive oil. Grill buns, cut side down, until golden, about 2 minutes.
- ☐ Transfer buns to work surface. Grill burgers until brown on bottom, about 3 minutes. Turn over; sprinkle with cheese. Grill until burgers are cooked to desired doneness, about 3

minutes for medium.

- ☐ Place some onions, then burger, on each bun bottom. Top each with okra and watercress.
- ☐ Spread mayonnaise on cut side of bun tops; place on burgers.
- ☐ Serve with remaining mayonnaise.
- ☐ *Shopping tip: Look for pickled okra where the pickles and relishes are displayed.

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:16.14, Inflammation Score:-9, Nutrition Score:36.110000278639%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 33.19mg, Quercetin: 33.19mg, Quercetin: 33.19mg, Quercetin: 33.19mg

Nutrients (% of daily need)

Calories: 1048.27kcal (52.41%), Fat: 80.26g (123.48%), Saturated Fat: 24.23g (151.42%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 35.42g (12.88%), Sugar: 11.63g (12.93%), Cholesterol: 153.13mg (51.04%), Sodium: 1614.8mg (70.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.41g (84.83%), Vitamin K: 104.79µg (99.8%), Selenium: 44.29µg (63.27%), Manganese: 1.24mg (61.76%), Vitamin B12: 3.38µg (56.3%), Zinc: 7.97mg (53.12%), Phosphorus: 526.79mg (52.68%), Vitamin B3: 9.89mg (49.43%), Vitamin B6: 0.8mg (39.84%), Vitamin B1: 0.59mg (39.65%), Calcium: 368.07mg (36.81%), Vitamin B2: 0.6mg (35.22%), Vitamin C: 23.73mg (28.77%), Iron: 5.14mg (28.58%), Potassium: 953.87mg (27.25%), Folate: 104.88µg (26.22%), Vitamin A: 1185.76IU (23.72%), Magnesium: 89.13mg (22.28%), Vitamin E: 3.14mg (20.95%), Copper: 0.4mg (20.19%), Fiber: 4.89g (19.58%), Vitamin B5: 1.92mg (19.19%), Vitamin D: 0.89µg (5.92%)