



Apple and Cheddar Breakfast-Sausage Burger

READY IN



30 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 muffins split english
- 1 tablespoon maple syrup plus more for serving
- 12 ounces diestel breakfast sausage fresh
- 4 ounces sharp cheddar cheese thinly sliced
- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith or gravenstein
- 4 servings vegetable oil for coating the grill

Equipment

- paper towels

- grill
- aluminum foil
- spatula
- tongs
- grill pan

Directions

- Divide the sausage into 4 equal portions. Shape each portion into an even 1/4-inch-thick patty that's about 1/2 inch wider in diameter than the English muffins. Using your thumb, make a shallow 1-inch-wide indentation in the center of each patty, place them on a plate, and set aside.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, slice the apple into (1/2-inch-thick) rounds. Set aside the 4 widest slices, removing any seeds as necessary. Save any extra apple slices for another use. When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil. Using a flat spatula, transfer the 4 apple slices and the sausage patties (indentation-side up) onto the grill and cover the grill. Cook undisturbed (do not press down on the patties) until grill marks appear on the bottom of the patties and apples, about 3 to 4 minutes. Flip the patties and apples and brush them with the measured maple syrup, using all of it. Cover the grill and cook until the patties are cooked through and the apples have softened slightly, about 3 to 4 minutes more.
- Remove to a clean plate and tent loosely with foil.
- Place the muffins cut-side down on the grill and toast until grill marks appear on the bottoms, about 2 to 3 minutes. Flip the muffins and evenly distribute the cheese among all of the muffin halves. Cover the grill and continue to cook until the cheese has melted, about 3 minutes more.
- Remove to a work surface. To assemble, place 1 sausage patty and 1 apple slice on 4 of the muffin halves; top with the remaining 4 halves.
- Serve immediately, passing additional maple syrup on the side.

Nutrition Facts

  

 PROTEIN 14.34%  FAT 63.76%  CARBS 21.9%

Properties

Glycemic Index:49.63, Glycemic Load:21.59, Inflammation Score:-4, Nutrition Score:14.454782610354%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 669.08kcal (33.45%), Fat: 47.31g (72.78%), Saturated Fat: 15.22g (95.12%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 33.93g (12.34%), Sugar: 7.82g (8.69%), Cholesterol: 89.58mg (29.86%), Sodium: 991.7mg (43.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.95g (47.89%), Phosphorus: 325.47mg (32.55%), Vitamin K: 27.77µg (26.45%), Vitamin B3: 4.95mg (24.76%), Calcium: 245.91mg (24.59%), Vitamin B1: 0.36mg (23.75%), Vitamin B2: 0.39mg (23.05%), Zinc: 3.34mg (22.25%), Vitamin B12: 1.05µg (17.44%), Manganese: 0.34mg (17.08%), Vitamin B6: 0.32mg (16.15%), Selenium: 8.02µg (11.46%), Vitamin E: 1.6mg (10.68%), Fiber: 2.63g (10.52%), Potassium: 367.35mg (10.5%), Vitamin B5: 0.97mg (9.7%), Magnesium: 34.86mg (8.71%), Iron: 1.56mg (8.66%), Vitamin D: 1.28µg (8.5%), Copper: 0.15mg (7.57%), Vitamin A: 372.42IU (7.45%), Folate: 29.26µg (7.31%), Vitamin C: 2.75mg (3.33%)