



Barack Obama Pizza Burger

READY IN



75 min.

SERVINGS



6

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 ounce angus beef patties
- ☐ 1 teaspoon champagne vinegar
- ☐ 6 crusty rolls such as ciabatta, kaiser or portuguese, halved
- ☐ 0.5 cup basil fresh chopped
- ☐ 8 ounces mozzarella cheese fresh thin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 head garlic
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground

- ☐ 0.5 cup tomatoes plus more for serving
- ☐ 1 stick butter unsalted softened

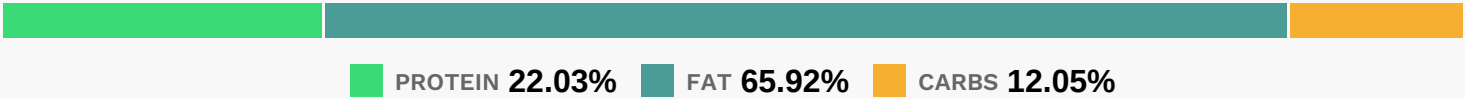
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ stove
- ☐ grill pan

Directions

- ☐ Preheat the oven to 350
- ☐ Remove the papery outer layer from the head of garlic and slice off the top to expose the cloves slightly. Wrap the garlic in foil and roast in the oven until soft, about 45 minutes. Cool slightly, then squeeze the roasted pulp into a bowl. Whip with the butter, parsley, vinegar and 1/2 teaspoon salt; set aside.
- ☐ Remove the papery outer layer from the head of garlic and slice off the top to expose the cloves slightly. Wrap the garlic in foil and roast in the oven until soft, about 45 minutes. Cool slightly, then squeeze the roasted pulp into a bowl. Whip with the butter, parsley, vinegar and 1/2 teaspoon salt; set aside.
- ☐ Make the burgers: Preheat a grill or grill pan to medium-high. Season the beef patties generously with salt and pepper and grill, about 3 minutes per side for medium-rare, turning once.
- ☐ Move the burgers to the cooler side of the grill (or reduce the heat on the stove) and top each with some marinara sauce and 2 slices cheese.
- ☐ Spread the cut sides of each roll with some of the garlic butter and place facedown on the grill. Cover and cook until the cheese melts and the buns are toasted, 1 to 2 minutes.
- ☐ Place a burger on each roll bottom; add some chopped basil and the roll top.
- ☐ Serve with more marinara sauce, if desired.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:29.382608506991%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 843.16kcal (42.16%), Fat: 61.27g (94.25%), Saturated Fat: 29.44g (183.98%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 23.34g (8.49%), Sugar: 1.32g (1.47%), Cholesterol: 190.56mg (63.52%), Sodium: 1139.76mg (49.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.06g (92.13%), Vitamin B12: 5.54µg (92.39%), Selenium: 52.97µg (75.67%), Zinc: 10.98mg (73.22%), Vitamin B3: 10.91mg (54.55%), Phosphorus: 517.92mg (51.79%), Vitamin B2: 0.63mg (36.85%), Iron: 6.14mg (34.12%), Vitamin K: 33.78µg (32.17%), Vitamin B6: 0.6mg (29.94%), Calcium: 267.39mg (26.74%), Vitamin B1: 0.35mg (23.38%), Potassium: 785.39mg (22.44%), Manganese: 0.42mg (20.87%), Vitamin A: 1032.81IU (20.66%), Folate: 70.77µg (17.69%), Magnesium: 63.58mg (15.89%), Copper: 0.28mg (13.91%), Vitamin B5: 1.07mg (10.7%), Fiber: 1.86g (7.43%), Vitamin E: 0.96mg (6.41%), Vitamin C: 5.02mg (6.09%), Vitamin D: 0.43µg (2.89%)