



Barbecue Cheeseburgers

READY IN



60 min.

SERVINGS



6

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple cider vinegar
- 0.3 cup apricot preserves
- 2 avocados sliced
- 1.5 tablespoons chili powder
- 2 cloves garlic chopped
- 2.5 pounds ground beef chuck
- 0.8 cup catsup
- 6 servings kosher salt and pepper freshly ground
- 6 slices pepper jack cheese

- 1 onion red chopped
- 1 onion red sliced into rings
- 6 sesame seed hamburger buns split
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil
- 2 tablespoons vegetable oil
- 1 tablespoon worcestershire sauce
- 3 tablespoons mustard yellow

Equipment

- bowl
- sauce pan
- blender
- grill

Directions

- Heat the vegetable oil in a medium saucepan over medium heat.
- Add the onion and garlic and cook, stirring, until softened, about 4 minutes.
- Add the chili powder and cook, stirring, until toasted, about 1 minute. Stir in the ketchup, preserves, mustard, vinegar, soy sauce, Worcestershire sauce and 1/2 cup water. Bring to a simmer and cook until slightly thickened, about 10 minutes.
- Transfer to a blender and puree until smooth; let cool to room temperature.
- Combine the ground beef and 3 tablespoons of the prepared barbecue sauce in a bowl; mix with your hands until just combined. Form the meat into six 1/2-inch-thick patties; season both sides with salt and pepper.
- Preheat a grill to medium. Toss the onion with 1 tablespoon of the barbecue sauce and the vegetable oil. Grill (use a grill basket if you have one), turning occasionally, until lightly charred, about 8 minutes.
- Transfer 1/2 cup of the remaining barbecue sauce to a separate bowl for brushing. Increase the grill temperature to medium high and grill the patties, brushing with the barbecue sauce and flipping occasionally, about 8 minutes for medium rare; top with the cheese during the

last minute and cover to melt. Toast the buns on the grill.

Serve the burgers on the buns; top with the grilled onions, avocado slices and more barbecue sauce.

Photograph by Anna Williams

Nutrition Facts

PROTEIN 19.12% **FAT 60.56%** **CARBS 20.32%**

Properties

Glycemic Index:50, Glycemic Load:14.18, Inflammation Score:-8, Nutrition Score:33.643478621607%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 930.35kcal (46.52%), Fat: 63.11g (97.09%), Saturated Fat: 21.42g (133.9%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 40.59g (14.76%), Sugar: 16.49g (18.32%), Cholesterol: 152.88mg (50.96%), Sodium: 1258.83mg (54.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.84g (89.68%), Vitamin B12: 4.3µg (71.73%), Selenium: 46.96µg (67.08%), Zinc: 9.56mg (63.71%), Vitamin B3: 11.85mg (59.23%), Phosphorus: 510.18mg (51.02%), Vitamin B6: 0.98mg (49.24%), Vitamin B2: 0.67mg (39.41%), Iron: 6.6mg (36.65%), Vitamin K: 35.86µg (34.15%), Potassium: 1138.33mg (32.52%), Folate: 122.88µg (30.72%), Calcium: 292.24mg (29.22%), Fiber: 7.06g (28.24%), Vitamin E: 4.14mg (27.58%), Manganese: 0.55mg (27.42%), Vitamin B1: 0.41mg (27.01%), Magnesium: 83.74mg (20.94%), Vitamin A: 1035.23IU (20.7%), Vitamin B5: 2.04mg (20.42%), Copper: 0.38mg (19.21%), Vitamin C: 12.79mg (15.5%), Vitamin D: 0.31µg (2.1%)