



Barcelona Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds sliced
- 1.5 pounds beef chuck
- 2 cloves garlic crushed
- 4 servings kosher salt
- 4 servings lettuce leaves for serving
- 4 slices manchego cheese
- 9 slices olive bread lightly toasted
- 4 tablespoons olive oil extra-virgin plus more for brushing
- 1 tablespoon red wine vinegar

- 0.5 cup roasted peppers red jarred chopped
- 0.3 cup shallots finely grated
- 1 teaspoon paprika smoked

Equipment

- food processor
- bowl
- frying pan
- oven
- blender

Directions

- Heat 2 tablespoons olive oil in a skillet over medium heat.
- Remove the crust from 1 slice bread and tear the bread into 1-inch pieces.
- Add to the skillet along with the garlic and cook until golden brown, about 2 minutes.
- Add the almonds and cook until golden, about 3 minutes.
- Transfer to a mini food processor or blender along with the roasted peppers, vinegar, the remaining 2 tablespoons olive oil, 1/2 teaspoon paprika and 1/4 teaspoon salt. Pulse until slightly chunky.
- Gently mix the ground meat, shallots, 1 teaspoon salt and the remaining 1/2 teaspoon paprika in a bowl with your hands until just combined. Form into four 1-inch-thick patties.
- Heat a large nonstick skillet over medium-high heat.
- Brush with olive oil, then add the patties and cook until browned on the bottom, 4 to 5 minutes. Flip and top the patties with cheese; cook 4 to 5 more minutes.
- Spread the roasted pepper sauce on the remaining 8 slices bread.
- Serve the burgers on the bread with lettuce.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 18.61% ■ FAT 66.25% ■ CARBS 15.14%

Properties

Glycemic Index:35.92, Glycemic Load:16.89, Inflammation Score:-9, Nutrition Score:32.446086919826%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 951.22kcal (47.56%), Fat: 69.68g (107.2%), Saturated Fat: 26.94g (168.41%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 31.46g (11.44%), Sugar: 5.33g (5.92%), Cholesterol: 154.13mg (51.38%), Sodium: 1011.4mg (43.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.05g (88.09%), Selenium: 50.98µg (72.82%), Vitamin B3: 14.15mg (70.75%), Vitamin B12: 3.93µg (65.49%), Manganese: 1.09mg (54.65%), Zinc: 6.81mg (45.43%), Vitamin A: 2270.27IU (45.41%), Calcium: 446.66mg (44.67%), Phosphorus: 399.48mg (39.95%), Vitamin B2: 0.62mg (36.56%), Vitamin B1: 0.5mg (33.31%), Iron: 5.88mg (32.66%), Vitamin E: 4.17mg (27.82%), Folate: 103.93µg (25.98%), Vitamin B6: 0.43mg (21.72%), Magnesium: 86.65mg (21.66%), Potassium: 649.15mg (18.55%), Copper: 0.37mg (18.43%), Fiber: 4.37g (17.47%), Vitamin K: 18.18µg (17.32%), Vitamin C: 14.26mg (17.28%), Vitamin B5: 1.72mg (17.2%), Vitamin D: 0.17µg (1.13%)