



Beef and Andouille Burgers with Asiago Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces andouille sausages cut into 1-inch pieces
- ☐ 1 cup coarsely asiago cheese grated
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 2.5 pounds ground beef 15% (fat)
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 4 oil-packed sun-dried tomatoes drained
- ☐ 6 servings olive oil

- ☐ 6.3 inch thick onion red
- ☐ 7 ounce roasted peppers red drained
- ☐ 2 teaspoons salt
- ☐ 6 large sesame-seed hamburger buns
- ☐ 2 large shallots minced
- ☐ 1 tablespoon whole-grain dijon mustard

Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Finely chop sun-dried tomatoes in processor. Blend in mayonnaise and mustard.
- ☐ Transfer to small bowl. (Can be made 1 day ahead. Cover; chill.)
- ☐ Finely chop andouille sausages in processor.
- ☐ Transfer to large bowl.
- ☐ Add beef, shallots, salt, pepper, and crushed fennel seeds. Stir with fork just until blended. Form mixture into six 1-inch-thick patties.
- ☐ Prepare barbecue (medium-high heat). Grill hamburger buns until golden, about 2 minutes.
- ☐ Transfer to platter.
- ☐ Brush onion slices with oil.
- ☐ Sprinkle with salt and pepper. Grill until golden, about 7 minutes per side. Grill hamburgers to desired doneness, about 5 minutes per side for medium-rare.
- ☐ Sprinkle cheese over top of burgers.
- ☐ Spread cut sides of hamburger buns with sun-dried-tomato mayonnaise. Top bottom halves of buns with hamburgers, then red peppers. Top with onion slices. Cover with top halves of buns and serve.
- ☐ *Smoked pork-and-beef sausages, sold at specialty foods stores and supermarkets. Kielbasa can be substituted.

Nutrition Facts

 **PROTEIN 19.27%**  **FAT 70.41%**  **CARBS 10.32%**

Properties

Glycemic Index:48.33, Glycemic Load:13.73, Inflammation Score:-6, Nutrition Score:31.826956292857%

Flavonoids

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: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 1059.71kcal (52.99%), Fat: 82.34g (126.67%), Saturated Fat: 25.09g (156.83%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 25.08g (9.12%), Sugar: 5.09g (5.66%), Cholesterol: 185.87mg (61.96%), Sodium: 2290.96mg (99.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.7g (101.4%), Vitamin B12: 4.72µg (78.72%), Selenium: 53.22µg (76.03%), Zinc: 9.79mg (65.26%), Vitamin B3: 12.51mg (62.54%), Phosphorus: 540.47mg (54.05%), Vitamin K: 46.38µg (44.17%), Vitamin B6: 0.83mg (41.42%), Iron: 6.51mg (36.19%), Vitamin B2: 0.56mg (32.69%), Calcium: 326.03mg (32.6%), Vitamin B1: 0.45mg (29.88%), Vitamin E: 3.92mg (26.11%), Potassium: 855.42mg (24.44%), Manganese: 0.49mg (24.39%), Vitamin C: 17.41mg (21.1%), Magnesium: 67.47mg (16.87%), Folate: 65.96µg (16.49%), Vitamin B5: 1.41mg (14.15%), Copper: 0.28mg (14.15%), Fiber: 2.06g (8.22%), Vitamin A: 348.13IU (6.96%), Vitamin D: 0.84µg (5.59%)