



## Beef Burgers with Mushrooms and Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups arugula fresh
- 0.8 teaspoon pepper black freshly ground
- 0.5 teaspoon garlic minced
- 16 inch foccacia squares halved
- 1.3 pounds ground beef lean
- 2 teaspoons juice of lemon fresh
- 0.5 cup mayonnaise
- 3 tablespoons olive oil

- 3 portabello mushrooms trimmed
- 1.5 teaspoons salt

## Equipment

- bowl
- grill

## Directions

- Watch how to make this recipe.
- Combine the ground chuck, salt, and pepper in a medium bowl. Shape the mixture into 4 (1/2-inch-thick) patties.
- Lightly drizzle both sides of the mushrooms with the oil.
- Sprinkle with salt and pepper.
- Mix the mayonnaise, lemon juice, and garlic in a small bowl to blend. (The patties, mushrooms, and garlic mayonnaise can be prepared up to this point 1 day ahead. Cover them separately and refrigerate.)
- Prepare the barbecue (medium-high heat). Grill the burgers until cooked to desired doneness, about 4 minutes per side for medium-rare. Grill the mushrooms until just tender, about 5 minutes per side. Grill the focaccia squares cut side down, until lightly toasted, about 2 minutes.
- Spread the garlic mayonnaise over the roll bottoms.
- Cut the mushrooms into strips and arrange the mushroom strips over the mayonnaise.
- Place the burgers atop the mushrooms.
- Spread garlic mayonnaise on the cut side of the tops and arrange a handful of arugula on each. Cover the burger with the roll tops and serve.

## Nutrition Facts

PROTEIN 15.35%  FAT 78.25%  CARBS 6.4%

## Properties

Glycemic Index:54.5, Glycemic Load:5.7, Inflammation Score:-4, Nutrition Score:20.962608544723%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 704.75kcal (35.24%), Fat: 61.12g (94.02%), Saturated Fat: 15.81g (98.83%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.81g (3.57%), Sugar: 4.35g (4.83%), Cholesterol: 112.4mg (37.47%), Sodium: 1220.52mg (53.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.98g (53.95%), Vitamin K: 66.03µg (62.89%), Vitamin B12: 3.1µg (51.64%), Selenium: 33.73µg (48.19%), Vitamin B3: 9.25mg (46.23%), Zinc: 6.56mg (43.72%), Phosphorus: 324.97mg (32.5%), Vitamin B6: 0.58mg (28.88%), Vitamin E: 3.08mg (20.5%), Iron: 3.68mg (20.45%), Vitamin B2: 0.33mg (19.5%), Potassium: 681.87mg (19.48%), Vitamin B5: 1.53mg (15.32%), Copper: 0.29mg (14.49%), Folate: 43.91µg (10.98%), Magnesium: 35.98mg (8.99%), Vitamin B1: 0.13mg (8.68%), Manganese: 0.15mg (7.42%), Fiber: 1.43g (5.74%), Calcium: 56.81mg (5.68%), Vitamin A: 257.73IU (5.15%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.39µg (2.58%)