



Beer and Bison Burgers with Pub Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup amber ale such as fat tire, divided
- ☐ 2 cups alfalfa sprouts
- ☐ 4 ounces cream cheese
- ☐ 1 large garlic clove
- ☐ 1 pound ground bison
- ☐ 4 hamburger buns whole-wheat
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 cup quick-cooking rolled oats
- ☐ 1 cup sharp cheddar cheese shredded white

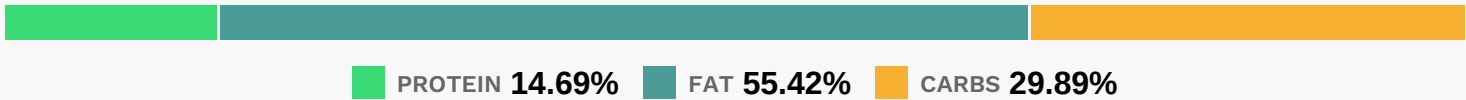
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to medium (350 to 450).
- ☐ Mix bison, oats, 2 tbsp. ale, the salt, and pepper in a large bowl until just combined. Form into four 1/2-in. patties with a slight depression in the center of each to help them cook evenly.
- ☐ Brush with oil.
- ☐ Whirl garlic in a food processor until minced.
- ☐ Add cheeses and remaining 2 tbsp. ale and whirl until smooth.
- ☐ Grill burgers, turning once, until cooked the way you like, 6 minutes total for medium. In last few minutes, grill split buns, turning once, about 2 minutes total.
- ☐ Arrange burgers on bottom of buns and top with sprouts.
- ☐ Spread bun tops with cheese mixture.

Nutrition Facts



Properties

Glycemic Index:70.88, Glycemic Load:15.73, Inflammation Score:-6, Nutrition Score:12.1469565008%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 382.82kcal (19.14%), Fat: 23.51g (36.17%), Saturated Fat: 11.86g (74.13%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 26.89g (9.78%), Sugar: 4.4g (4.89%), Cholesterol: 56.88mg (18.96%), Sodium: 1069.51mg (46.5%), Alcohol: 0.58g (100%), Alcohol %: 0.29% (100%), Protein: 14.02g (28.04%), Selenium: 24.16µg (34.51%), Calcium: 300.24mg (30.02%), Manganese: 0.54mg (26.99%), Phosphorus: 241.52mg (24.15%), Vitamin B2: 0.35mg (20.55%), Vitamin B1: 0.29mg (19.37%), Folate: 57.42µg (14.35%), Vitamin A: 691.24IU (13.82%), Zinc: 1.82mg (12.14%), Iron: 2mg (11.12%), Vitamin B3: 2.04mg (10.21%), Magnesium: 39.72mg (9.93%), Vitamin K: 10.16µg (9.67%), Vitamin B12: 0.45µg (7.51%), Fiber: 1.64g (6.57%), Vitamin E: 0.9mg (6.01%), Copper: 0.11mg (5.64%), Vitamin B6: 0.09mg (4.5%), Potassium: 153.26mg (4.38%), Vitamin B5: 0.42mg (4.21%), Vitamin C: 2.15mg (2.6%), Vitamin D: 0.17µg (1.13%)