



Beer-Cheese Burgers

READY IN



40 min.

SERVINGS



4

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beer
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 pounds ground beef
- ☐ 0.5 cup half-and-half
- ☐ 1 tablespoon horseradish
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 teaspoon ground mustard
- ☐ 4 poppy seed rolls split

- ☐ 6 ounces sharp cheddar cheese yellow grated
- ☐ 1 slices tomatoes for topping
- ☐ 2 tablespoons butter unsalted
- ☐ 4 servings vegetable oil for the grill

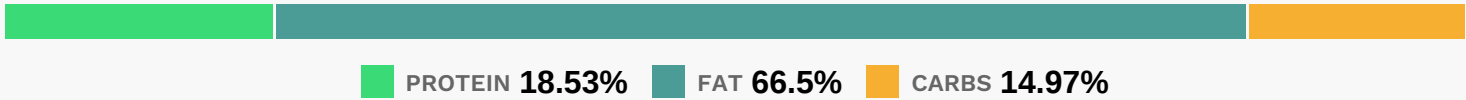
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat a grill to medium high. Melt the butter in a medium saucepan over medium heat.
- ☐ Add the flour and mustard powder and cook, stirring, 3 minutes.
- ☐ Whisk in the beer and bring to a simmer; whisk in the half-and-half until smooth. Return the sauce to a simmer and cook, whisking occasionally, until thickened, 3 to 4 minutes. Stir in the cheese and horseradish until smooth; keep warm.
- ☐ Form the beef into four 6-ounce patties, about 3/4 inch thick; press the center of each patty with your thumb to make a 1/2-inch-deep indentation. Season the patties on both sides with salt and pepper. Lightly brush the grill grates with vegetable oil, then grill the patties, indentation-side up, until marked on the bottom, about 5 minutes. Flip and cook until marked and slightly firm, about 3 more minutes for medium doneness.
- ☐ Remove the patties to a plate and let rest 5 minutes. Grill the rolls, cut-side down, until lightly toasted, about 1 minute.
- ☐ Top the bun bottoms with the burger patties, cheese sauce, tomato and chives. Cover with the bun tops.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:65.13, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:29.824782381887%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1022.91kcal (51.15%), Fat: 74.22g (114.18%), Saturated Fat: 29.43g (183.97%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 35.93g (13.07%), Sugar: 2.93g (3.25%), Cholesterol: 188.93mg (62.98%), Sodium: 933.16mg (40.57%), Alcohol: 1.73g (100%), Alcohol %: 0.57% (100%), Protein: 46.54g (93.08%), Selenium: 62.79µg (89.7%), Vitamin B12: 4.17µg (69.48%), Zinc: 9.42mg (62.8%), Phosphorus: 565.86mg (56.59%), Vitamin B3: 10.18mg (50.92%), Vitamin B2: 0.73mg (42.69%), Calcium: 426.4mg (42.64%), Vitamin K: 34.85µg (33.19%), Vitamin B6: 0.65mg (32.34%), Iron: 5.51mg (30.62%), Vitamin B1: 0.4mg (26.93%), Folate: 90.55µg (22.64%), Potassium: 641.76mg (18.34%), Vitamin E: 2.69mg (17.92%), Manganese: 0.33mg (16.74%), Vitamin A: 829.74IU (16.59%), Magnesium: 65.29mg (16.32%), Vitamin B5: 1.41mg (14.08%), Copper: 0.23mg (11.58%), Fiber: 1.67g (6.68%), Vitamin C: 3.01mg (3.65%), Vitamin D: 0.53µg (3.53%)