



Best Beach Burger

READY IN



45 min.

SERVINGS



4

CALORIES



964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce brioche buns split
- ☐ 0.5 teaspoon celery seed
- ☐ 4 ounce cheddar cheese
- ☐ 1 cucumber seedless sliced into thin ribbons
- ☐ 1 pound ground beef (4-inch)
- ☐ 1 pound heirloom tomatoes cut into 4 slices
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 cups hickory wood chips

- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons citrus champagne vinegar

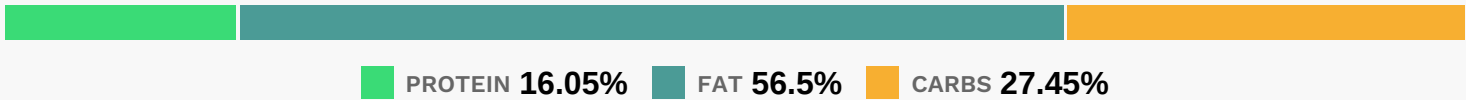
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to medium-high heat (350 to 400). Rinse wood chips in water; drain, and place on a sheet of heavy-duty aluminum foil. Fold foil over, and seal sides to make a packet. Poke several holes in top.
- ☐ Place foil-wrapped chips on grill grate or hot coals.
- ☐ Whisk together vinegar, sugar, celery seed, and 1/2 teaspoon salt in a medium bowl; toss with cucumber ribbons. Set aside.
- ☐ Grill burgers, covered with grill lid, 5 minutes on each side for medium-rare, or until desired degree of doneness.
- ☐ Transfer burgers to a platter, and sprinkle with pepper and remaining 1/2 teaspoon salt. Top each burger with 1 cheese slice; tent loosely with aluminum foil to keep warm.
- ☐ Grill buns 1 minute. Meanwhile, squeeze excess liquid from reserved cucumbers.
- ☐ Place burgers on buns, and top evenly with tomato slices and cucumber relish.

Nutrition Facts



Properties

Glycemic Index:57.86, Glycemic Load:12.52, Inflammation Score:-8, Nutrition Score:23.17565240549%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 964.42kcal (48.22%), Fat: 61.02g (93.88%), Saturated Fat: 27.87g (174.19%), Carbohydrates: 66.72g (22.24%), Net Carbohydrates: 62.26g (22.64%), Sugar: 6.33g (7.03%), Cholesterol: 254.3mg (84.77%), Sodium: 1529.46mg (66.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.99g (77.98%), Vitamin B12: 2.73µg (45.45%), Zinc: 6.34mg (42.27%), Vitamin A: 2037.1IU (40.74%), Phosphorus: 401.93mg (40.19%), Selenium: 25.6µg (36.58%), Vitamin B3: 6.89mg (34.45%), Vitamin B6: 0.62mg (30.78%), Calcium: 303.87mg (30.39%), Potassium: 969.59mg (27.7%), Vitamin C: 21.44mg (25.99%), Iron: 4.56mg (25.32%), Vitamin K: 24.18µg (23.03%), Vitamin B2: 0.36mg (21.11%), Manganese: 0.38mg (18.84%), Fiber: 4.46g (17.83%), Magnesium: 61.43mg (15.36%), Vitamin B5: 1.3mg (13.03%), Folate: 49.21µg (12.3%), Vitamin B1: 0.16mg (10.93%), Copper: 0.2mg (10.08%), Vitamin E: 1.32mg (8.78%), Vitamin D: 0.28µg (1.89%)