



Better Butter Burger

READY IN



150 min.

SERVINGS



4

CALORIES



1911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds ground beef 8-ounce angus beef patties fresh
- ☐ 4 large burger buns
- ☐ 0.3 teaspoon cayenne
- ☐ 1 pinch cayenne pepper
- ☐ 4 slices cheese
- ☐ 1.5 teaspoons basil fresh minced
- ☐ 1.5 teaspoons parsley fresh minced
- ☐ 1.5 teaspoons tarragon fresh minced
- ☐ 2 large cloves garlic minced

- ☐ 11 small cloves garlic chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound butter unsalted softened 4 sticks

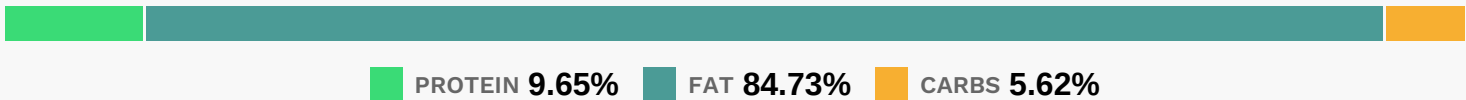
Equipment

- ☐ food processor
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ For the compound butter: Stir together the butter, basil, parsley, tarragon, cayenne and garlic; season with salt and pepper. Spoon the mixture onto a piece of plastic wrap in a 6-inch-long mound. Fold the plastic wrap over the mixture to enclose it, and roll it to form a log about 2 1/2 inches in diameter. Chill until firm, about 2 hours.
- ☐ For the roasted garlic aioli: Blend the mayonnaise, lime juice, paprika, cayenne, cumin and garlic in a food processor until smooth.
- ☐ For the burgers: Preheat the oven to broil.
- ☐ Form the ground beef into 4 patties. Stuff a slice of the compound butter inside each and broil the burgers to the desired doneness.
- ☐ Add another slice of the butter to the top of each burger, followed by a slice of cheese. Broil briefly, just until the cheese melts.
- ☐ Serve on buns with a small mound of the aioli on top of the cheese.

Nutrition Facts



Properties

Glycemic Index:121.75, Glycemic Load:14.4, Inflammation Score:-9, Nutrition Score:37.469999541407%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1911.04kcal (95.55%), Fat: 180.88g (278.27%), Saturated Fat: 84.95g (530.91%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 25.71g (9.35%), Sugar: 3.84g (4.27%), Cholesterol: 415.53mg (138.51%), Sodium: 934.28mg (40.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.34g (92.67%), Vitamin K: 103.61µg (98.67%), Vitamin B12: 5.29µg (88.2%), Selenium: 57.09µg (81.55%), Zinc: 11.05mg (73.67%), Vitamin A: 3501.42IU (70.03%), Phosphorus: 560.12mg (56.01%), Vitamin B3: 10.79mg (53.97%), Vitamin B2: 0.69mg (40.75%), Iron: 6.66mg (37.01%), Vitamin B6: 0.7mg (34.77%), Calcium: 337.26mg (33.73%), Vitamin E: 5.01mg (33.37%), Manganese: 0.54mg (26.97%), Vitamin B1: 0.38mg (25.05%), Potassium: 806.96mg (23.06%), Folate: 69.35µg (17.34%), Magnesium: 68.23mg (17.06%), Copper: 0.29mg (14.62%), Vitamin D: 1.98µg (13.21%), Vitamin B5: 1.11mg (11.14%), Vitamin C: 5.29mg (6.41%), Fiber: 1.3g (5.22%)