



Big Blue Burgers

READY IN



24 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound cheese blue crumbled
- ☐ 4 servings cheese dressing blue homemade store bought (or)
- ☐ 4 crusty rolls split
- ☐ 1 handful flat parsley chopped
- ☐ 1.3 pounds ground sirloin
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 4 servings romaine lettuce leaves
- ☐ 1 shallots boiling minced
- ☐ 4 servings steak seasoning black

- ☐ 1 slices vine tomato ripe
- ☐ 1 tablespoon worcestershire

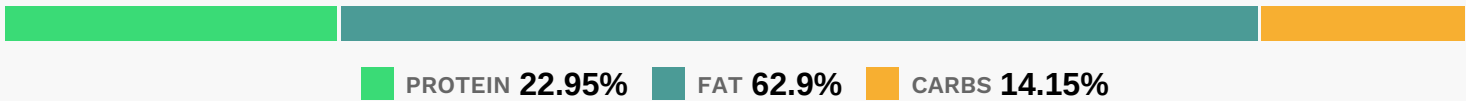
Equipment

- ☐ grill
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine first 4 ingredients and divide meat into 4 equal amounts. When forming each patty, nestle a pile of blue cheese crumbles into the center of the meat, and gently form patty around cheese.
- ☐ Brush or drizzle burgers with extra-virgin olive oil and grill on indoor electric grill preheated to high for 7 to 8 minutes on each side. On an outdoor grill, cook 6 minutes on each side 6 inches from hot coals or over medium high gas flame with the grill lid closed. For preparation with no additional oil, broil 4 inches from broiler 7 minutes on each side.
- ☐ Serve burgers on split rolls with lettuce, tomato, and blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:37.240434750267%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 792.88kcal (39.64%), Fat: 55.16g (84.86%), Saturated Fat: 21.88g (136.76%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 24.46g (8.89%), Sugar: 2.56g (2.84%), Cholesterol: 145.35mg (48.45%), Sodium:

1265.81mg (55.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.56%), Vitamin A: 7980.22IU (159.6%), Vitamin K: 116.73µg (111.17%), Vitamin B12: 3.97µg (66.25%), Selenium: 44.56µg (63.66%), Zinc: 8.92mg (59.48%), Phosphorus: 548.92mg (54.89%), Folate: 198.7µg (49.68%), Vitamin B3: 9.84mg (49.2%), Calcium: 399.3mg (39.93%), Vitamin B2: 0.64mg (37.79%), Vitamin B6: 0.73mg (36.25%), Iron: 5.79mg (32.17%), Potassium: 926.79mg (26.48%), Vitamin B1: 0.38mg (25.09%), Vitamin B5: 2.15mg (21.54%), Manganese: 0.42mg (21.02%), Vitamin E: 3.01mg (20.06%), Magnesium: 63.94mg (15.98%), Fiber: 3.47g (13.9%), Copper: 0.24mg (12.13%), Vitamin C: 6.71mg (8.13%), Vitamin D: 0.43µg (2.9%)