



Bison Burger Panini Melt

READY IN



10 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flat parsley finely chopped
- ☐ 0.8 pound ground bison (buffalo)
- ☐ 0.3 cup pepper jelly hot divided
- ☐ 4 slices onion red thin
- ☐ 0.5 teaspoon salt
- ☐ 4 sandwich rolls
- ☐ 2 ounces swiss cheese

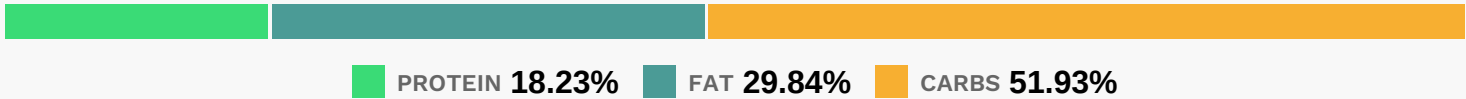
Equipment

- ☐ kitchen thermometer
- ☐ grill pan
- ☐ panini press

Directions

- ☐ Gently combine ground bison with parsley, 2 tablespoons hot pepper jelly, and salt. Form mixture into 4 equal patties.
- ☐ Heat a lightly oiled panini press or grill pan over medium heat, and cook burgers, pressing them lightly (if using a grill pan, turn them halfway through) about 2–3 minutes. (Use a meat thermometer to check that burgers have reached 160.)
- ☐ Transfer to a plate.
- ☐ Place burgers on bottom sides of buns, and spread each with 1 tablespoon hot pepper jelly. Top with onion and a slice of cheese. Top with other half of bun, and place back on panini press or grill pan with a heavy lid on top. Press about 3 minutes total (turning halfway if using a grill pan) for medium or until bread is golden brown and burger is cooked to desired doneness.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:13.57, Inflammation Score:-6, Nutrition Score:11.723478146221%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 186.38kcal (9.32%), Fat: 6.16g (9.48%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 22.84g (8.31%), Sugar: 4.25g (4.73%), Cholesterol: 13.18mg (4.39%), Sodium: 532.83mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Vitamin K: 65.13µg (62.03%), Vitamin C: 20.05mg (24.31%), Selenium: 16.08µg (22.98%), Calcium: 197.96mg (19.8%), Vitamin B1: 0.25mg (16.76%),

Manganese: 0.28mg (14.04%), Phosphorus: 135.06mg (13.51%), Folate: 52.21µg (13.05%), Vitamin B2: 0.19mg (10.95%), Vitamin A: 523.51IU (10.47%), Iron: 1.85mg (10.3%), Vitamin B3: 1.99mg (9.94%), Vitamin B12: 0.51µg (8.57%), Zinc: 1.02mg (6.82%), Vitamin B6: 0.1mg (5.23%), Fiber: 1.28g (5.11%), Magnesium: 20.01mg (5%), Copper: 0.08mg (3.84%), Potassium: 133.99mg (3.83%), Vitamin E: 0.3mg (1.98%), Vitamin B5: 0.11mg (1.12%)