



Bison Burger with Garlic Mayo and Caramelized Onions

READY IN



21 min.

SERVINGS



4

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 burger buns
- ☐ 4 slices wisconsin cheddar cheese
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 4 cloves garlic raw chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 cup arugula greens fresh
- ☐ 1 pound ground beef sirloin

- ☐ 1 pound ground bison
- ☐ 0.3 cup catsup
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 0.5 cup mayonnaise prepared
- ☐ 2 tablespoons olive oil
- ☐ 4 servings olive oil for cooking
- ☐ 1 tablespoon onion powder
- ☐ 4 servings freshly cracked pepper black to taste
- ☐ 4 cornichon pickles
- ☐ 1 teaspoon seasoning salt
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 onion yellow minced
- ☐ 1 onion yellow sliced thin

Equipment

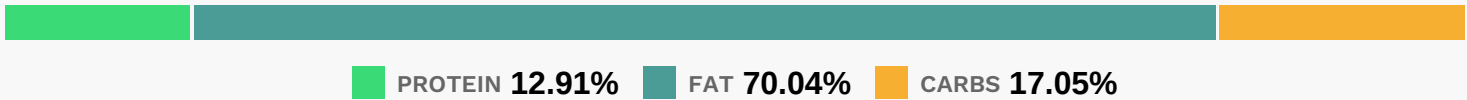
- ☐ bowl
- ☐ frying pan
- ☐ toothpicks
- ☐ wooden spoon

Directions

- ☐ Special equipment: 4 toothpicks
- ☐ In a large bowl mix the bison, beef sirloin, onions, garlic, and parsley until just combined.
- ☐ Add in the onion powder, garlic powder, seasoning salt, ketchup, Worcestershire, and a few turns of freshly ground black pepper.
- ☐ Add it all to the meat mixture and mix well to combine.
- ☐ Heat a large saute pan over medium-high heat and cook a small portion of the meat. Taste the cooked beef to see if you need to add salt.

- ☐ Add salt to the meat mixture to taste. Divide the meat into 4 evenly portioned round patties and set aside.
- ☐ Heat the bacon fat over medium-high heat in a large saute pan and add the onions. Cook for 1 minute, then season with salt. Cook the onions, stirring a lot, until they start to turn brown. If the onions start sticking to the pan and turning too dark, pour in a spoonful of water and scrape with a wooden spoon to pull them off the pan. Continue to cook and stir the onions until they're dark brown and caramelized, about 8 to 10 minutes. Turn off the heat and set aside.
- ☐ In a bowl, combine the mayonnaise, parsley, garlic, salt, and pepper, to taste and mix well.
- ☐ Reheat the large skillet over medium-high heat and drizzle in some olive oil.
- ☐ Heat the olive oil then place the burger patties in the pan. Cook for 3 minutes on each side for medium-rare. Top the burgers with a slice of cheese. To assemble, spread some garlic mayo on the bottom of the toasted bun.
- ☐ Put the burger on the mayo, top with caramelized onions, and then arugula. Cover with a bun top. Stick a toothpick into a cornichon and then stick into the top of the burger and serve.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:14.87, Inflammation Score:-8, Nutrition Score:27.447825950125%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

Nutrients (% of daily need)

Calories: 930.16kcal (46.51%), Fat: 72.49g (111.53%), Saturated Fat: 20.36g (127.27%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 36.6g (13.31%), Sugar: 10.8g (12%), Cholesterol: 115.92mg (38.64%), Sodium: 2144.52mg (93.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.15%), Vitamin K: 103.57µg (98.63%), Selenium: 36.22µg (51.74%), Vitamin B12: 2.73µg (45.44%), Zinc: 6.18mg (41.21%), Phosphorus: 370.16mg (37.02%), Vitamin B3: 7.16mg (35.78%), Vitamin B6: 0.65mg (32.48%), Calcium: 288.58mg (28.86%), Iron: 5.1mg (28.35%), Vitamin B2: 0.48mg (28.34%), Manganese: 0.56mg (27.86%), Vitamin E: 4.04mg (26.93%), Vitamin B1:

0.39mg (25.8%), Potassium: 736.97mg (21.06%), Folate: 80.02µg (20.01%), Vitamin C: 15mg (18.18%), Magnesium: 54.62mg (13.66%), Vitamin A: 676.4IU (13.53%), Fiber: 3.09g (12.37%), Copper: 0.25mg (12.26%), Vitamin B5: 0.88mg (8.81%), Vitamin D: 0.45µg (2.98%)