



Bison Burger with Garlic Mayo and Caramelized Onions

READY IN



21 min.

SERVINGS



4

CALORIES



1183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 hawaiian rolls
- 4 slices cheddar cheese
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic minced
- 4 cloves garlic raw chopped
- 1 tablespoon garlic powder
- 1 cup the salad fresh
- 1 pound ground beef

- 1 pound buffalo strips
- 0.3 cup catsup
- 4 servings kosher salt
- 4 servings pepper black freshly ground to taste
- 0.5 cup mayonnaise prepared
- 2 tablespoons add carrot and onion to bacon fat . cook
- 4 servings olive oil for cooking
- 1 tablespoon onion powder
- 4 servings pepper black to taste
- 4 toppings: such as pickles
- 1 teaspoon lawry's seasoned salt
- 2 tablespoons worcestershire sauce
- 1 onion yellow minced
- 1 onion yellow sliced thin

Equipment

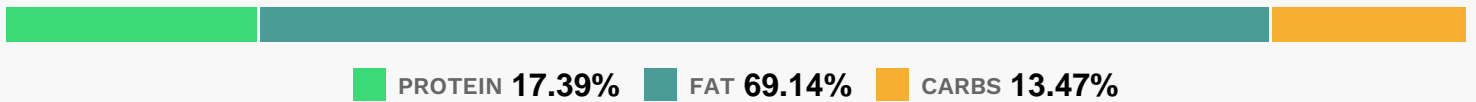
- bowl
- frying pan
- toothpicks
- wooden spoon

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:38.011739005213%

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: 1183.03kcal (59.15%), Fat: 90.56g (139.32%), Saturated Fat: 28.08g (175.47%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 36.6g (13.31%), Sugar: 10.8g (12%), Cholesterol: 195.3mg (65.1%), Sodium: 2219.37mg (96.49%), Alcohol: Og (100%), Protein: 51.25g (102.49%), Vitamin K: 103.57µg (98.63%), Selenium: 57.42µg (82.03%), Vitamin B12: 4.76µg (79.27%), Zinc: 11.05mg (73.64%), Vitamin B3: 12.72mg (63.62%), Phosphorus: 575.41mg (57.54%), Vitamin B6: 1.05mg (52.49%), Iron: 8.05mg (44.73%), Vitamin B2: 0.74mg (43.48%), Vitamin B1: 0.53mg (35.63%), Potassium: 1085.1mg (31%), Calcium: 301.06mg (30.11%), Vitamin E: 4.31mg (28.75%), Manganese:

0.57mg (28.37%), Folate: 92.5µg (23.12%), Copper: 0.39mg (19.69%), Magnesium: 76.17mg (19.04%), Vitamin C: 15mg (18.18%), Vitamin B5: 1.61mg (16.07%), Vitamin A: 676.4IU (13.53%), Fiber: 3.09g (12.37%), Vitamin D: 0.45µg (2.98%)