



Bison Burgers with Cabernet Onions and Wisconsin Cheddar

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup wine dry red
- ☐ 6 ounces cheddar cheese white sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 servings dijon mustard
- ☐ 0.3 teaspoon thyme dried
- ☐ 1 small head endive separated
- ☐ 1 pound frangelico (buffalo)
- ☐ 4 hawaiian rolls organic

- ☐ 2 tablespoons olive oil divided
- ☐ 3 cups onion sliced (2)
- ☐ 2 tablespoons shallots chopped

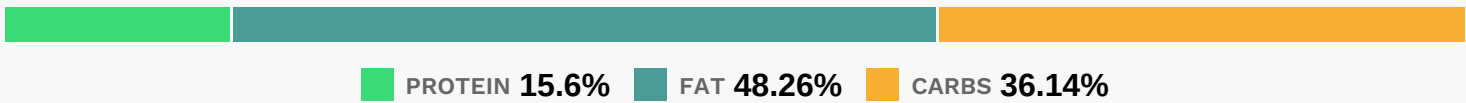
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Heat 1 tablespoon oil in heavymedium skillet over medium-high heat.
- ☐ Add onions, sprinklewith salt, and sauté until tenderand golden brown, stirringoften, about 10 minutes. Reduceheat to medium and continueto sauté until very tender andwell browned, about 15 minuteslonger.
- ☐ Add wine and cook,stirring occasionally, until liquidis absorbed, about 5 minutes.DO AHEAD: Can be made 3 daysahead. Cool, cover, and chill.
- ☐ Preheat broiler. Gently mixmeat and next 3 ingredientsin large bowl. Shape into four1/2-inch-thick patties.
- ☐ Heatremaining 1 tablespoon oil inheavy large skillet over highheat.
- ☐ Sprinkle burgers withsalt and pepper; add to skillet.Cook until well browned,about 2 minutes per side formedium-rare.
- ☐ Open buns and arrange,cut side up, on rimmed bakingsheet.
- ☐ Place cheese slices onbun tops. Broil until cheesemelts and bottom halves arelightly toasted, about 1 minute.
- ☐ Spread bottom halves withmustard. Top each with a fewescarole leaves, then burger.Spoon onions atop burgers,dividing equally. Cover withbun tops; press lightly.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:15.98, Inflammation Score:-10, Nutrition Score:26.868260642757%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.02mg, Isorhamnetin: 6.02mg, Isorhamnetin: 6.02mg, Isorhamnetin: 6.02mg Kaempferol: 12.15mg, Kaempferol: 12.15mg, Kaempferol: 12.15mg, Kaempferol: 12.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 24.62mg, Quercetin: 24.62mg, Quercetin: 24.62mg, Quercetin: 24.62mg

Nutrients (% of daily need)

Calories: 466.65kcal (23.33%), Fat: 23.66g (36.4%), Saturated Fat: 9.61g (60.08%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 33.17g (12.06%), Sugar: 9.11g (10.12%), Cholesterol: 42.52mg (14.17%), Sodium: 721.2mg (31.36%), Alcohol: 4.72g (100%), Alcohol %: 1.21% (100%), Protein: 17.21g (34.42%), Vitamin K: 268.84µg (256.04%), Folate: 234.12µg (58.53%), Vitamin A: 2872.92IU (57.46%), Calcium: 455.01mg (45.5%), Manganese: 0.91mg (45.5%), Selenium: 26.32µg (37.6%), Phosphorus: 313.02mg (31.3%), Vitamin B1: 0.4mg (26.92%), Fiber: 6.7g (26.8%), Vitamin B2: 0.44mg (25.68%), Vitamin C: 17.2mg (20.85%), Zinc: 3.02mg (20.16%), Potassium: 638.46mg (18.24%), Iron: 2.99mg (16.59%), Vitamin B5: 1.37mg (13.65%), Magnesium: 53.84mg (13.46%), Vitamin E: 1.99mg (13.24%), Vitamin B3: 2.45mg (12.25%), Vitamin B6: 0.24mg (12.2%), Copper: 0.23mg (11.39%), Vitamin B12: 0.54µg (8.95%), Vitamin D: 0.26µg (1.7%)