



## Black Jack Burger

READY IN



40 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 4 ciabatta rolls toasted
- 2 pounds ground beef (15 to 20 percent fat content)
- 4 servings kosher salt
- 4 ounces monterrey jack cheese
- 2 tablespoons olive oil as needed plus more

### Equipment

- frying pan

- oven
- grill
- stove
- grill pan

## Directions

- Divide the meat into 4 portions and shape them into evenly sized patties. (Handle the meat gently to keep the texture light and the burger juicy.) The patties can be shaped, covered, and refrigerated overnight at this point. When ready to cook, heat the measured olive oil in a large frying pan or grill pan over medium-high heat until very hot. Alternatively, heat an outdoor grill to medium high (about 375°F to 425°F). Generously season the meat on both sides with salt and pepper. Cook the burgers, basting them with the fat in the pan using a large spoon and flipping halfway through the cooking time, about 7 to 10 minutes total for medium rare. (Do not press down on the patties while they are cooking.) For the last minute or two, drape a slice of cheese over each burger to melt. (You can also heat the oven to 450°F, cook the burgers on the stovetop until they are brown on both sides, and then finish them in the oven.)
- Remove the burgers to a platter, place in a warm spot, and let rest for several minutes before serving. To assemble the burgers, spread each of the bun bottoms with about a tablespoon of tapenade.
- Add the burgers, top with lettuce and tomatoes (if using), and another tablespoon of tapenade. Cover with the bun tops.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:22.382608392964%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 872.18kcal (43.61%), Fat: 61.34g (94.38%), Saturated Fat: 24.01g (150.05%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 25.88g (9.41%), Sugar: 0.14g (0.16%), Cholesterol: 186.26mg (62.09%), Sodium: 790.4mg (34.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.66g (101.31%), Vitamin B12: 5.09µg (84.81%), Zinc: 10.33mg (68.88%), Selenium: 38.14µg (54.48%), Phosphorus: 484.37mg (48.44%), Vitamin B3: 9.61mg (48.07%), Vitamin B6: 0.76mg (37.76%), Vitamin B2: 0.45mg (26.26%), Iron: 4.65mg (25.86%), Calcium: 252.94mg (25.29%), Potassium: 636.75mg (18.19%), Vitamin E: 2.01mg (13.42%), Vitamin B5: 1.2mg (11.99%), Magnesium: 46.39mg (11.6%), Vitamin K: 9.17µg (8.73%), Copper: 0.15mg (7.44%), Vitamin B1: 0.1mg (6.79%), Folate: 21µg (5.25%), Vitamin A: 218.55IU (4.37%), Vitamin D: 0.4µg (2.65%), Fiber: 0.64g (2.57%), Manganese: 0.04mg (1.95%)