



Black Pepper-Crusted Burgers with Mustard Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider plus 1 tablespoon apple cider
- 0.3 cup dijon mustard
- 1 teaspoon tarragon fresh chopped
- 1 pound ground sirloin
- 1 ounce onion soup mix
- 0.3 cup cracked pepper black
- 4 servings relish skewers

- 4 servings kaiser rolls toasted
- 1 slices lettuce tomato and onion red

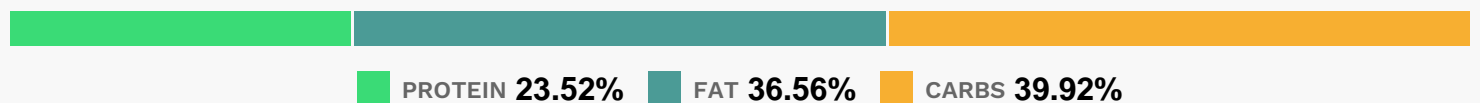
Equipment

- bowl
- sauce pan
- grill

Directions

- For mustard sauce, in a small saucepan over medium-high heat, bring the 1/4 cup of apple cider to a boil. Cook 4 to 5 minutes or until it's reduced by half.
- Remove from heat and let cool. Once cider has cooled, transfer to a small bowl; add mustard and tarragon. Stir to combine; set aside
- Set up grill for direct cooking over high heat. Oil grate when ready to start cooking.
- For burgers, in a large bowl, stir to combine ground sirloin, the remaining 1 tablespoon cider, and the onion soup mix. Form into 4 mini-patties; set aside.
- Spread cracked pepper on a plate. Carefully press both sides of burgers into cracked pepper.
- Place burgers on hot, oiled grill and cook 3 to 4 minutes per side for medium (160 degrees F). To serve, place hot burgers on toasted Kaiser rolls. Top with lettuce, tomato, onion, and mustard sauce.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:25.73, Inflammation Score:-3, Nutrition Score:22.946086712506%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 494.99kcal (24.75%), Fat: 20.31g (31.24%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 43.8g (15.93%), Sugar: 6.54g (7.27%), Cholesterol: 77.11mg (25.7%), Sodium: 1122.65mg (48.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.77%), Manganese: 2.06mg (103.23%), Iron: 14.99mg (83.28%), Vitamin B12: 2.46µg (41.01%), Zinc: 5.47mg (36.44%), Selenium: 24.34µg (34.77%), Vitamin B3: 5.7mg (28.49%), Vitamin B6: 0.51mg (25.32%), Phosphorus: 253.05mg (25.3%), Vitamin K: 26.03µg (24.79%), Fiber: 6.08g (24.34%), Potassium: 641.37mg (18.32%), Copper: 0.32mg (15.83%), Magnesium: 60.43mg (15.11%), Vitamin B2: 0.24mg (14.07%), Calcium: 116.57mg (11.66%), Vitamin B5: 0.95mg (9.48%), Vitamin B1: 0.12mg (7.94%), Vitamin E: 0.64mg (4.26%), Folate: 12.45µg (3.11%), Vitamin A: 115.88IU (2.32%), Vitamin C: 0.95mg (1.16%)