



Blue Cheese Burgers

READY IN



20 min.

SERVINGS



8

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings arugula and tomatoes sliced for serving, optional
- 0.8 teaspoon pepper black freshly ground
- 8 ounces cheese blue sliced (recommended: Danish)
- 3 extra large eggs
- 2 pounds ground beef
- 1 pound ground sirloin
- 8 hamburger buns
- 1.5 teaspoons kosher salt
- 0.5 cup seasoned bread crumbs dry

0.3 cup steak sauce (recommended: Crosse and Blackwell)

Equipment

grill

aluminum foil

stove

Directions

Watch how to make this recipe.

Carefully mix the meats, bread crumbs, steak sauce, eggs, salt, and pepper with the tines of a fork, but do not mash them. Lightly form hamburger patties and press lightly into shape.

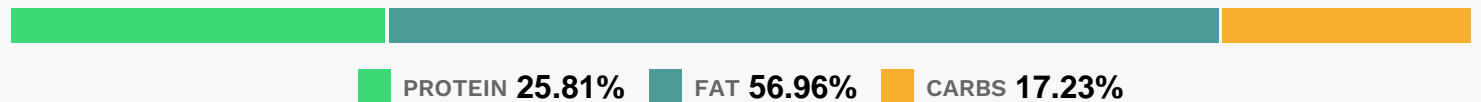
Prepare a charcoal or a stove-top grill.

Cook the hamburgers for 4 minutes on 1 side, then turn and cook 3 minutes on the other side for medium-rare.

Remove to a plate and cover with aluminum foil. Allow the hamburgers to rest for 5 minutes. Meanwhile, grill the buns, cut side down, for 1 minute, until toasted.

Place a hamburger and a slice of blue cheese in each bun, plus arugula and tomato, if desired, and serve hot.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:13.14, Inflammation Score:-6, Nutrition Score:27.079565317734%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 698.71kcal (34.94%), Fat: 43.5g (66.92%), Saturated Fat: 18.46g (115.4%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 28.14g (10.23%), Sugar: 4.71g (5.23%), Cholesterol: 218.53mg (72.84%), Sodium: 1342.31mg

(58.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.35g (88.71%), Vitamin B12: 4.3µg (71.7%), Selenium: 50.17µg (71.68%), Zinc: 8.8mg (58.68%), Vitamin B3: 10.09mg (50.47%), Phosphorus: 492.05mg (49.21%), Vitamin B2: 0.63mg (37.06%), Vitamin B6: 0.7mg (35.04%), Iron: 5.95mg (33.07%), Calcium: 284.43mg (28.44%), Vitamin B1: 0.4mg (26.79%), Folate: 91.08µg (22.77%), Manganese: 0.41mg (20.35%), Potassium: 707.27mg (20.21%), Vitamin K: 20.4µg (19.43%), Vitamin B5: 1.79mg (17.86%), Magnesium: 58.15mg (14.54%), Vitamin A: 604.69IU (12.09%), Copper: 0.22mg (11.16%), Vitamin E: 1.23mg (8.21%), Fiber: 1.46g (5.84%), Vitamin D: 0.73µg (4.88%), Vitamin C: 2.76mg (3.35%)