



## Blue Cheese Burgers

READY IN



28 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)

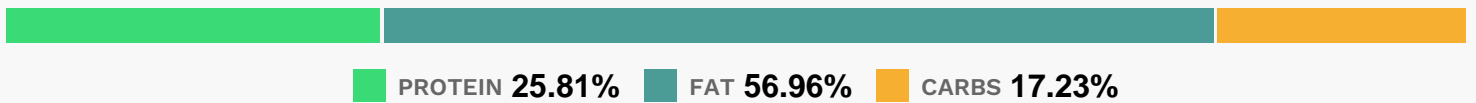
## Equipment

- bowl
- grill
- aluminum foil
- stove

## Directions

- In a large bowl, 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 into 8 to 10 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%)