



Blue-Cheese Burgers

READY IN



53 min.

SERVINGS



8

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces cheese blue
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 2 pounds ground beef
- ☐ 8 hawaiian rolls
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 cup catsup
- ☐ 8 small romaine leaves

- ☐ 2 tablespoons toppings: such as pickles chopped
- ☐ 0.3 cup ranch dressing
- ☐ 8 slices onion red thin
- ☐ 1 teaspoon salt
- ☐ 1 shallots finely minced
- ☐ 8 slices tomatoes thin
- ☐ 1 tablespoon worcestershire sauce

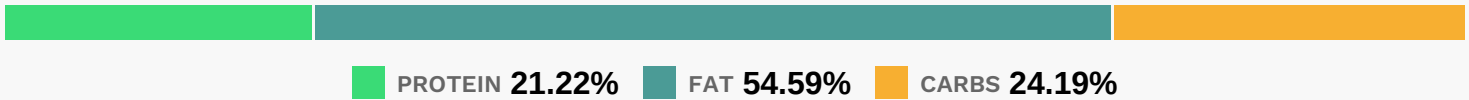
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Make burgers: In a large bowl, combine beef, parsley, shallot, salt, garlic powder, Worcestershire sauce and cayenne. Using your fingers, mix gently but thoroughly. Divide meat mixture into 16 disks. Portion cheese into 8 small disks and place in the center of 8 hamburger disks. Top with remaining hamburger disks, pressing to seal.
- ☐ Make sauce: In a bowl, combine ketchup, dressing, pickle and hot sauce. Cover and chill until ready to serve.
- ☐ Preheat grill to medium. Grill hamburgers for about 7 minutes (for medium-rare), turning once.
- ☐ Remove from heat and let rest for 2 minutes. Grill buns, cut sides down, for 30 seconds.
- ☐ Serve burgers on buns with sauce, lettuce, tomato and onion.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:13.66, Inflammation Score:-9, Nutrition Score:20.894782755686%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 513.02kcal (25.65%), Fat: 30.88g (47.5%), Saturated Fat: 11.6g (72.48%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 28.95g (10.53%), Sugar: 8.81g (9.79%), Cholesterol: 90.44mg (30.15%), Sodium: 984.95mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.02%), Vitamin A: 2226.99IU (44.54%), Selenium: 30.98µg (44.25%), Vitamin B12: 2.66µg (44.25%), Zinc: 5.53mg (36.86%), Vitamin B3: 7.23mg (36.15%), Phosphorus: 304.82mg (30.48%), Vitamin B6: 0.52mg (26.07%), Vitamin B2: 0.41mg (24.01%), Iron: 4.3mg (23.87%), Vitamin B1: 0.34mg (22.39%), Manganese: 0.41mg (20.35%), Folate: 71.57µg (17.89%), Vitamin K: 18.24µg (17.37%), Potassium: 603.28mg (17.24%), Calcium: 163.54mg (16.35%), Vitamin C: 11.34mg (13.75%), Magnesium: 43.14mg (10.79%), Vitamin B5: 0.88mg (8.76%), Vitamin E: 1.26mg (8.41%), Copper: 0.17mg (8.33%), Fiber: 1.83g (7.31%), Vitamin D: 0.17µg (1.16%)