



Blue Cheese Burgers



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef (16-20%)
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 2 green onions chopped
- ☐ 2 ounces cheese blue crumbled
- ☐ 1 eggs
- ☐ 1 tablespoon water
- ☐ 4 servings salt and pepper black freshly ground

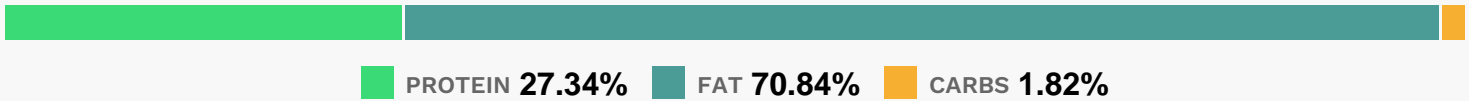
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Gently mix ground beef with the other ingredients: Put ground beef, mustard, garlic, onions, blue cheese, water, egg, and a sprinkling of salt and pepper into a large bowl. Use your hands to gently mix the ingredients together until just incorporated. Do not over-mix.
- ☐ Shape into patties and chill: Shape into patties, about 1/2 inch thick and larger than your bun. Refrigerate at least 30 minutes or until you are ready to cook.
- ☐ charcoal or gas grill for cooking over high direct heat. Using tongs and a folded up paper towel dipped in vegetable oil, oil the grill grates. Make sure grill is hot and well oiled before laying down the patties.
- ☐ Season and grill the burgers: Season patties with salt and pepper.
- ☐ Place the patties on the clean, well-oiled grill grate. Grill the burgers for about 5 minutes per side. Do not press down on the burgers while cooking.
- ☐ If you don't have a grill, you can use a grill pan or a cast iron frying pan for the burgers.
- ☐ Serve on hamburger buns with lettuce and mayonnaise.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:13.338695712712%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 360.49kcal (18.02%), Fat: 27.94g (42.99%), Saturated Fat: 11.71g (73.19%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.32g (0.36%), Cholesterol: 132.06mg (44.02%), Sodium: 297.28mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.53%), Vitamin B12: 2.7µg (44.96%), Zinc: 5.33mg (35.5%), Selenium: 23.97µg (34.24%), Phosphorus: 264.53mg (26.45%), Vitamin B3: 5.01mg (25.05%), Vitamin B6: 0.43mg (21.68%), Vitamin B2: 0.28mg (16.55%), Iron: 2.62mg (14.56%), Vitamin K: 15.08µg (14.36%), Calcium: 111.37mg (11.14%), Potassium: 387.17mg (11.06%), Vitamin B5: 1.01mg (10.09%), Magnesium: 27.44mg (6.86%), Folate: 22.38µg (5.59%), Copper: 0.1mg (4.85%), Vitamin B1: 0.07mg (4.72%), Vitamin A: 230.72IU (4.61%), Vitamin E: 0.66mg (4.43%), Manganese: 0.08mg (3.94%), Vitamin D: 0.4µg (2.7%), Vitamin C: 1.61mg (1.95%), Fiber: 0.37g (1.5%)