



Blue-rugula Burgers

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 handfuls arugula leaves coarsely chopped
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.5 pound cambazola cheese blue thinly sliced
- ☐ 4 crusty rolls split lightly toasted
- ☐ 2 cloves garlic grated
- ☐ 1.5 pounds ground sirloin
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1 large onion sliced

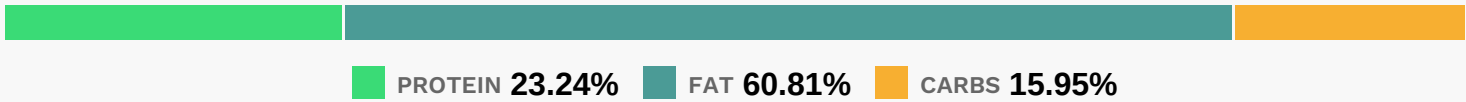
- ☐ 1 handful parsley fresh finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup spicy brown mustard
- ☐ 4 servings splash water
- ☐ 3 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1 tablespoon of olive oil and 1 tablespoon butter over medium heat.
- ☐ Add onions, season with salt and pepper and cook until caramelized and sweet, about 20 minutes. Stir sugar and water into onions then add mustard, combine and turn off heat.
- ☐ Combine meat with garlic, Worcestershire, parsley, salt and pepper, form 4 patties thinner at the center and thicker at the edges for even cooking. Also, the burgers will bulge as they cook, this will give the cooked burgers an even thickness. Cook patties 8 minutes turning once for medium doneness, 1 to 2 minutes less for rare patties, 1 to 2 minutes more for burgers that are medium well. In the last minute of cooking time, top burgers with a few slices of Cambozola blue.
- ☐ Place burgers on bun bottoms and top with some arugula and mustard glazed onions, set tops in place.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:31.747825892075%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.43mg, Quercetin: 8.43mg,

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Nutrients (% of daily need)

Calories: 848.09kcal (42.4%), Fat: 56.96g (87.63%), Saturated Fat: 25.63g (160.16%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 30.69g (11.16%), Sugar: 6.65g (7.38%), Cholesterol: 173.24mg (57.75%), Sodium: 1410.92mg (61.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.98g (97.97%), Selenium: 52.99µg (75.7%), Vitamin B12: 4.39µg (73.25%), Zinc: 9.81mg (65.4%), Phosphorus: 591.78mg (59.18%), Vitamin B3: 10.64mg (53.19%), Calcium: 427.96mg (42.8%), Vitamin B6: 0.78mg (39.18%), Vitamin B2: 0.65mg (38.52%), Vitamin K: 37.05µg (35.29%), Iron: 6.2mg (34.46%), Potassium: 931.57mg (26.62%), Vitamin B1: 0.38mg (25.14%), Folate: 99.96µg (24.99%), Vitamin B5: 2.27mg (22.71%), Manganese: 0.45mg (22.46%), Vitamin A: 951.64IU (19.03%), Magnesium: 73.66mg (18.41%), Copper: 0.3mg (15.03%), Vitamin E: 2.2mg (14.64%), Fiber: 2.93g (11.73%), Vitamin C: 7.79mg (9.45%), Vitamin D: 0.45µg (3.02%)