



Breakfast Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bulk sausage italian
- ☐ 4 regular corn split english toasted
- ☐ 1 tablespoon dijon mustard
- ☐ 4 large eggs
- ☐ 1 cup peppery greens such as baby arugula, mustard greens or watercress
- ☐ 1 tablespoon horseradish prepared drained
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 12 ounces ground beef lean (80-percent)
- ☐ 0.3 cup mayonnaise

- ☐ 2 ounces cheddar shredded
- ☐ 1 vine-ripe tomato sliced into 4 pieces
- ☐ 1 tablespoon butter unsalted

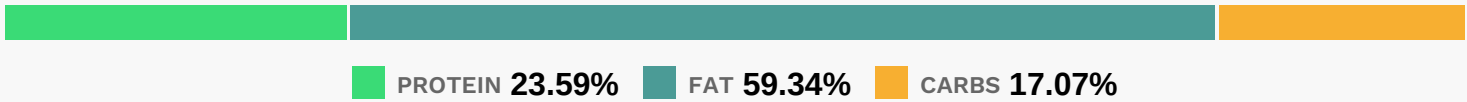
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ For the dressing: Stir the mayonnaise, mustard and horseradish together in a small bowl and set aside.
- ☐ For the burgers: Gently mix together the ground beef, sausage and 1/4 teaspoon each salt and pepper. Divide the meat into 4 pieces and form each into a 4-inch patty.
- ☐ Melt the butter in a 12-inch nonstick skillet over medium-high heat and add the patties. Cook until well browned, about 3 minutes, and then flip. Top with some of the cheese and continue to cook until the cheese is melted and the burger is just cooked through, 2 to 3 minutes.
- ☐ Spread the toasted muffins with some of the mustard dressing and top with a slice of tomato and a burger patty.
- ☐ Crack the eggs into the skillet with the sausage drippings and cook to your preference.
- ☐ Place an egg on each burger and finish with some baby arugula on the top of the English muffin.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:19.26, Inflammation Score:-7, Nutrition Score:28.206521573274%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 709.93kcal (35.5%), Fat: 46.2g (71.08%), Saturated Fat: 16.2g (101.24%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 27.25g (9.91%), Sugar: 1.66g (1.85%), Cholesterol: 309.4mg (103.13%), Sodium: 1049.43mg (45.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.33g (82.66%), Selenium: 50.09µg (71.56%), Vitamin K: 62.63µg (59.65%), Phosphorus: 513.29mg (51.33%), Vitamin B12: 3.06µg (51.03%), Zinc: 7.08mg (47.17%), Vitamin B3: 7.79mg (38.93%), Vitamin B2: 0.64mg (37.62%), Vitamin B1: 0.52mg (34.39%), Vitamin B6: 0.68mg (33.97%), Iron: 4.53mg (25.14%), Vitamin A: 1191.39IU (23.83%), Potassium: 738.76mg (21.11%), Calcium: 201.76mg (20.18%), Vitamin B5: 2.02mg (20.15%), Vitamin C: 16.15mg (19.58%), Manganese: 0.33mg (16.48%), Folate: 65.87µg (16.47%), Magnesium: 59.5mg (14.88%), Copper: 0.28mg (13.79%), Vitamin E: 1.87mg (12.48%), Fiber: 2.67g (10.67%), Vitamin D: 1.25µg (8.34%)