



Burger Spaghetti

READY IN



50 min.

SERVINGS



6

CALORIES



648 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup dill pickle finely chopped for serving
- 4 cloves garlic sliced
- 1 pound ground beef
- 3 hamburger buns stale
- 0.3 cup catsup
- 6 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 0.5 cup onion finely chopped
- 6 servings pepper freshly ground

- 6 servings romaine lettuce thinly sliced for topping
- 3 ounces sharp cheddar cheese white grated cut into 24 small cubes, half)
- 12 ounces pasta like spaghetti
- 6 servings tomatoes diced for topping
- 2 tablespoons tomato paste
- 0.5 cup milk whole
- 1 tablespoon worcestershire sauce
- 1 tablespoon mustard yellow

Equipment

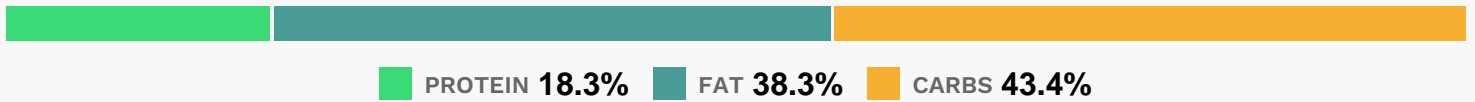
- food processor
- bowl
- frying pan
- baking sheet
- oven
- pot

Directions

- Preheat the oven to 350 degrees F. Bring a large pot of salted water to a boil for the pasta. In a food processor, pulse 2 buns into coarse crumbs.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat.
- Add the crumbs and toast 3 minutes.
- Transfer to a bowl. Wipe out the skillet.
- Tear up the remaining bun; soak in a large bowl with the milk, 5 minutes.
- Drain, squeezing the excess milk from the bread.
- Combine the soaked bread, half of the toasted crumbs, the ground beef, onion, chopped pickles, 2 tablespoons ketchup, the mustard, Worcestershire sauce, 1/2 teaspoon salt, and pepper to taste in the bowl and mix by hand.
- Divide the meat mixture into 24 pieces. Press a cheese cube into the center of each and shape into meatballs around the cheese.

- Heat the remaining 1 tablespoon olive oil in the same skillet over medium heat.
- Add the meatballs and cook until browned, about 2 minutes per side.
- Transfer the meatballs to a baking sheet; bake until just cooked through, about 5 minutes. Reserve the skillet.
- Cook the pasta as the label directs. Meanwhile, add the garlic to the reserved skillet; cook over medium heat until golden, about 30 seconds.
- Add the tomato paste and the remaining 2 tablespoons ketchup; cook 1 minute, then stir in 1 cup pasta cooking water until smooth. Simmer until slightly thickened, about 3 minutes.
- Drain the pasta, add to the skillet and toss to coat. Divide the pasta among bowls and top with the remaining toasted breadcrumbs, the meatballs, grated cheddar, lettuce and tomato.
- Serve with pickle slices on the side.
- Per serving (without toppings): Calories 541; Total Fat 19 grams; Saturated Fat 7 grams; Protein 30 grams; Total Carbohydrate 61 grams; Sugar: 8 grams; Fiber 3 grams; Cholesterol 66 milligrams; Sodium 680 milligrams;
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:62.17, Glycemic Load:26.59, Inflammation Score:-10, Nutrition Score:36.482174106266%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 647.96kcal (32.4%), Fat: 27.74g (42.68%), Saturated Fat: 9.99g (62.45%), Carbohydrates: 70.72g (23.57%), Net Carbohydrates: 63.86g (23.22%), Sugar: 13.61g (15.12%), Cholesterol: 70.29mg (23.43%), Sodium: 716.58mg (31.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.65%), Vitamin A: 9226.63IU (184.53%), Vitamin K: 109.23µg (104.03%), Selenium: 59.33µg (84.76%), Manganese: 1.09mg (54.43%), Folate: 186.31µg (46.58%), Phosphorus: 421.94mg (42.19%), Vitamin C: 32.03mg (38.83%), Zinc: 5.35mg (35.65%), Vitamin

B3: 6.8mg (34%), Potassium: 1178.92mg (33.68%), Vitamin B12: 1.92µg (32.01%), Vitamin B6: 0.64mg (31.97%), Fiber: 6.86g (27.42%), Iron: 4.77mg (26.51%), Vitamin B2: 0.43mg (25.35%), Calcium: 246.29mg (24.63%), Vitamin B1: 0.37mg (24.51%), Magnesium: 93.35mg (23.34%), Copper: 0.44mg (21.75%), Vitamin E: 2.7mg (18%), Vitamin B5: 1.09mg (10.92%), Vitamin D: 0.38µg (2.56%)