



 **34%**
HEALTH SCORE

Burger With Mushrooms and Radicchio

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 1.3 pounds ground sirloin
- 8 ounce hawaiian rolls whole-wheat split
- 0.3 teaspoon kosher salt
- 1 pound mushrooms mixed trimmed
- 1 pound mushrooms mixed trimmed
- 1 tablespoon olive oil
- 1 small head radicchio thinly sliced into thin rings

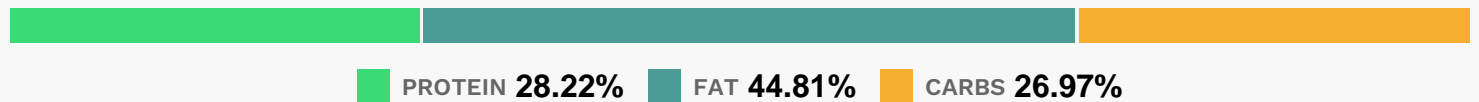
Equipment

- frying pan
- kitchen thermometer

Directions

- In a large nonstick skillet, heat oil over medium-high heat.
- Add mushrooms and 1/4 teaspoon each salt and pepper, and cook, stirring, until tender and golden (4-6 minutes).
- Transfer mushrooms to a plate. Wipe out skillet; reserve.
- With clean hands, form meat into 4 patties; sprinkle remaining 1/2 teaspoon pepper over both sides of burgers. Return skillet to medium-high heat; cook burgers until medium (5-6 minutes per side), or until a meat thermometer inserted in the center reads 16
- Place 1/4 of the radicchio slices, then burgers, on bottom buns; divide mushrooms among burgers and top with other half of bun.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:18.67, Inflammation Score:-5, Nutrition Score:38.14217371526%

Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Luteolin: 14.25mg, Luteolin: 14.25mg, Luteolin: 14.25mg, Luteolin: 14.25mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 553.35kcal (27.67%), Fat: 27.86g (42.86%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 34g (12.36%), Sugar: 8.85g (9.83%), Cholesterol: 96.39mg (32.13%), Sodium: 538.72mg (23.42%), Alcohol: 0g (100%), Protein: 39.47g (78.95%), Vitamin K: 102.91µg (98.01%), Vitamin B3: 17.25mg (86.24%), Selenium: 59.27µg (84.67%), Vitamin B2: 1.31mg (76.87%), Vitamin B12: 3.28µg (54.67%), Zinc: 8.18mg (54.54%), Phosphorus: 510.29mg (51.03%), Copper: 1.01mg (50.55%), Vitamin B5: 4.28mg (42.79%), Vitamin B6: 0.78mg (39.23%), Potassium: 1326.84mg (37.91%), Vitamin B1: 0.56mg (37.17%), Iron: 6.31mg (35.07%), Folate: 122.92µg (30.73%), Manganese: 0.53mg (26.71%), Magnesium: 64.49mg (16.12%), Fiber: 3.72g (14.88%), Vitamin E:

2.06mg (13.7%), Calcium: 118.62mg (11.86%), Vitamin C: 8.5mg (10.3%), Vitamin D: 0.6 μ g (3.97%)