



## Burger with Taleggio, Pancetta and Onion-Mustard Relish

READY IN



55 min.

SERVINGS



4

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef freshly ground (preferably)
- 1 beefsteak tomatoes sliced
- 1 head bibb lettuce separated
- 4 brioche rolls
- 0.5 cup champagne vinegar
- 1 tablespoon honey
- 0.3 cup chicken stock see low-sodium store-bought
- 3 tablespoons mustard seed

- 3 medium onions julienned
- 8 slices pancetta very thin
- 1 teaspoon salt
- 4 servings salt and pepper freshly ground
- 4 ounces taleggio cheese sliced
- 1 tablespoon vegetable oil

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- grill

## Directions

- Preheat the oven to 350 degrees F. Preheat the grill to high heat.
- Start by forming the meat into 4 patties about 3/4-inch thick. Refrigerate until ready to grill.
- Combine 2 cups water, the vinegar, seeds, honey and salt in a medium saucepan. Bring to a simmer and cook over medium-high heat until the liquid has reduced to a creamy consistency, about 12 minutes.
- Heat the oil in a medium skillet over medium heat.
- Add the onions and cook, stirring occasionally until caramelized and golden brown, about 20 minutes.
- Add the veal stock and cook until the skillet is dry, about 3 minutes. Stir the onions into the mustard seed mixture and reserve until needed.
- Meanwhile, lay the pancetta on a baking sheet and bake until golden brown and crispy, 12 to 15 minutes.
- Sprinkle the burgers liberally with salt and pepper and grill until medium rare, 4 minutes per side. Toast the buns on the grill and place 1 ounce of the cheese on top of each burger. Close the lid until the cheese melts and becomes gooey, about 30 seconds.

- Place the burgers on the buns and top each with the relish and 2 slices of pancetta.
- Garnish with the tomatoes and lettuce and serve.

## Nutrition Facts

**PROTEIN 22.67%**

**FAT 68.82%**

**CARBS 8.51%**

### Properties

Glycemic Index:29.32, Glycemic Load:4.83, Inflammation Score:-9, Nutrition Score:35.523913248726%

### Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

### Nutrients (% of daily need)

Calories: 927.75kcal (46.39%), Fat: 70.61g (108.63%), Saturated Fat: 27.1g (169.35%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 15.75g (5.73%), Sugar: 11.01g (12.23%), Cholesterol: 203.61mg (67.87%), Sodium: 1468.97mg (63.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.33g (104.66%), Vitamin B12: 5.01µg (83.47%), Selenium: 57.52µg (82.17%), Zinc: 10.72mg (71.44%), Vitamin B3: 12.06mg (60.29%), Vitamin K: 59.51µg (56.68%), Phosphorus: 531.77mg (53.18%), Vitamin A: 2633.64IU (52.67%), Vitamin B6: 1.04mg (52.15%), Iron: 6.39mg (35.48%), Potassium: 1174.79mg (33.57%), Vitamin B2: 0.45mg (26.47%), Calcium: 262.74mg (26.27%), Manganese: 0.52mg (26.2%), Vitamin C: 20.02mg (24.27%), Magnesium: 96.81mg (24.2%), Vitamin B1: 0.33mg (22.26%), Folate: 87.52µg (21.88%), Vitamin B5: 1.6mg (16.03%), Fiber: 3.89g (15.55%), Vitamin E: 2.3mg (15.3%), Copper: 0.31mg (15.26%), Vitamin D: 0.34µg (2.26%)