



Burgers Smothered in a Caramelized Onion, Mushroom and Blue Cheese Sauce

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 tablespoon brandy
- ☐ 2 tablespoons butter
- ☐ 0.5 cup caramelized onion blue (see below)
- ☐ 2 cloves garlic chopped
- ☐ 1.5 pound ground beef

- ☐ 4 leaves lettuce
- ☐ 8 ounces mushrooms sliced
- ☐ 1 onion sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 4 buns
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 4 slices tomatoes

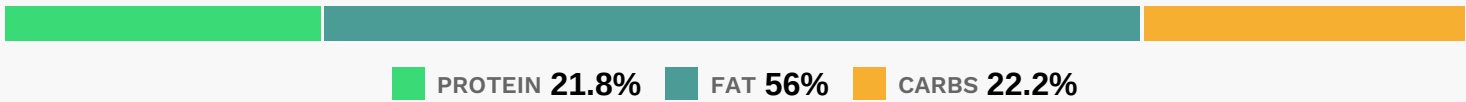
Equipment

- ☐ grill

Directions

- ☐ Form the beef into 4 patties and season with salt and pepper.
- ☐ Heat the grill to medium-high heat, brush with oil and grill the burgers until cooked, about 3-5 minutes per side and set aside.Lightly grill the buns, assemble the burgers and enjoy.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:25.14, Inflammation Score:-8, Nutrition Score:25.54000017954%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg

Nutrients (% of daily need)

Calories: 768.75kcal (38.44%), Fat: 47.1g (72.47%), Saturated Fat: 19.89g (124.29%), Carbohydrates: 42g (14%), Net Carbohydrates: 38.88g (14.14%), Sugar: 8.84g (9.82%), Cholesterol: 148.48mg (49.49%), Sodium: 902.75mg (39.25%), Alcohol: 1.25g (100%), Alcohol %: 0.37% (100%), Protein: 41.26g (82.51%), Iron: 14.65mg (81.41%), Vitamin

B12: 3.89µg (64.85%), Zinc: 8.04mg (53.62%), Vitamin B3: 9.79mg (48.93%), Selenium: 33.92µg (48.45%), Phosphorus: 414.04mg (41.4%), Vitamin B6: 0.75mg (37.59%), Vitamin B2: 0.58mg (33.9%), Potassium: 860.21mg (24.58%), Vitamin B5: 2.12mg (21.18%), Copper: 0.34mg (16.96%), Calcium: 152.5mg (15.25%), Vitamin C: 10.6mg (12.85%), Fiber: 3.12g (12.49%), Magnesium: 48.75mg (12.19%), Vitamin A: 593.79IU (11.88%), Folate: 45.6µg (11.4%), Vitamin B1: 0.17mg (11.17%), Manganese: 0.2mg (9.79%), Vitamin K: 8.27µg (7.88%), Vitamin E: 1.08mg (7.2%), Vitamin D: 0.37µg (2.45%)