



Burgers with Blue Cheese Mayo and Sherry Vidalia Onions

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 teaspoons thyme leaves fresh divided chopped
- ☐ 1 pound ground sirloin lean
- ☐ 6 ounce hamburger buns whole-wheat 100% with sesame seeds, toasted
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup canola mayonnaise

- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper sauce hot such as Tabasco
- ☐ 2 teaspoons sherry vinegar
- ☐ 1 inch tomatoes
- ☐ 1 inch vidalia sweet

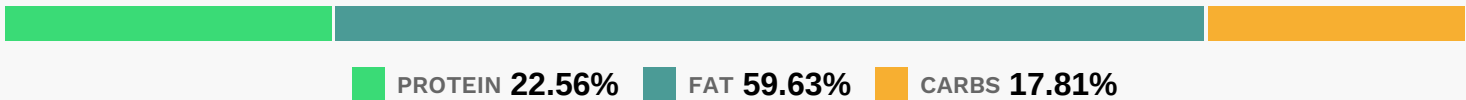
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine 1/2 cup blue cheese, mayonnaise, 1 teaspoon thyme, and hot pepper sauce in a small bowl; stir well.
- ☐ Divide beef into 4 equal portions, shaping each portion into a 1/2-inch-thick patty.
- ☐ Sprinkle beef evenly with 1/2 teaspoon black pepper and salt.
- ☐ Brush oil evenly over both sides of onion slices; sprinkle with remaining 1/2 teaspoon pepper.
- ☐ Place the patties and onions on grill rack coated with cooking spray; cover and grill for 3 minutes on each side. Set patties aside; keep warm.
- ☐ Place onion slices in a zip-top plastic bag; seal.
- ☐ Let stand 5 minutes; toss with remaining 1 teaspoon thyme and vinegar.
- ☐ Spread cut sides of buns evenly with mayonnaise mixture. Arrange 1/2 cup arugula on bottom half of each bun; top with 1 patty, 1 onion slice, and bun top.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:13.04, Inflammation Score:-8, Nutrition Score:19.180434740108%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 517.69kcal (25.88%), Fat: 33.81g (52.02%), Saturated Fat: 11.39g (71.18%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.52g (7.83%), Sugar: 3.51g (3.9%), Cholesterol: 93.62mg (31.21%), Sodium: 619.28mg (26.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.56%), Selenium: 31.92µg (45.6%), Vitamin B12: 2.74µg (45.59%), Zinc: 5.86mg (39.09%), Vitamin K: 38.75µg (36.91%), Vitamin B3: 7.25mg (36.27%), Phosphorus: 302.26mg (30.23%), Iron: 4.29mg (23.83%), Vitamin B6: 0.46mg (22.89%), Vitamin B2: 0.37mg (21.77%), Vitamin B1: 0.29mg (19.34%), Manganese: 0.36mg (18.22%), Calcium: 176.88mg (17.69%), Folate: 63.07µg (15.77%), Potassium: 478.74mg (13.68%), Magnesium: 40.99mg (10.25%), Vitamin B5: 0.95mg (9.48%), Vitamin A: 410.92IU (8.22%), Vitamin E: 1.15mg (7.69%), Copper: 0.15mg (7.58%), Fiber: 1.21g (4.82%), Vitamin C: 3.97mg (4.81%), Vitamin D: 0.21µg (1.42%)