



Burgers with Mozzarella and Spinach-Arugula Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cups baby spinach packed
- ☐ 2 large beefsteak tomatoes cut into 1/4-inch-thick rounds
- ☐ 2 garlic clove peeled
- ☐ 1.8 pounds ground beef 20% (fat)
- ☐ 0.5 teaspoon pepper black
- ☐ 6 hawaiian rolls split
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest packed finely grated ()

- ☐ 6.3 inch mozzarella fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons parmesan cheese packed freshly grated ()
- ☐ 3 tablespoons pinenuts
- ☐ 1 pinch pepper dried red crushed
- ☐ 1 teaspoon salt

Equipment

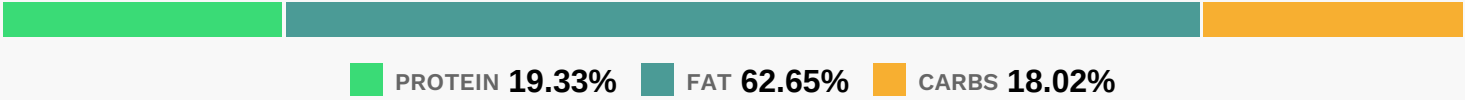
- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Rinse spinach; drain briefly, then place in large glass bowl. Microwave spinach, uncovered, on high just until wilted, 1 to 1 1/2 minutes.
- ☐ Drain, then squeeze out as much liquid as possible.
- ☐ Combine garlic, lemon peel, and crushed red pepper in processor; blend until garlic is finely chopped.
- ☐ Add spinach, 2 cups (packed) arugula, pine nuts, and lemon juice; process until coarse puree forms. With machine running, gradually add oil in thin stream and blend until almost smooth.
- ☐ Mix in cheese.
- ☐ Transfer pesto to small bowl; season with salt.
- ☐ Do ahead: Can be made 6 hours ahead. Cover; chill.
- ☐ Combine ground beef, 1 teaspoon salt, 1/2 teaspoon black pepper, and 6 tablespoons spinach-arugula pesto in large bowl; mix lightly with fingertips or fork just until incorporated. Form meat mixture into six 3/4-inch-thick patties.
- ☐ Place patties on platter.
- ☐ Do ahead: Beef patties can be made 6 hours ahead. Cover and refrigerate.
- ☐ Prepare barbecue (medium-high heat). Grill burgers to desired doneness, about 4 minutes per side for medium-rare. Grill buns, cut side down, just until lightly toasted, about 1 minute.

Build burgers with pesto, patties, mozzarella cheese, tomatoes, and arugula. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:14.39, Inflammation Score:-10, Nutrition Score:36.117826130079%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 648.42kcal (32.42%), Fat: 45.3g (69.69%), Saturated Fat: 13.22g (82.64%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 25.81g (9.39%), Sugar: 6.57g (7.3%), Cholesterol: 98.22mg (32.74%), Sodium: 795.2mg (34.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.9%), Vitamin K: 265.23µg (252.6%), Vitamin A: 5680.27IU (113.61%), Manganese: 1.31mg (65.56%), Vitamin B12: 3.01µg (50.2%), Selenium: 33.56µg (47.95%), Zinc: 6.83mg (45.51%), Vitamin B3: 8.66mg (43.31%), Folate: 165.97µg (41.49%), Vitamin C: 31.03mg (37.61%), Phosphorus: 360.18mg (36.02%), Iron: 6.11mg (33.95%), Vitamin B6: 0.66mg (33.21%), Vitamin E: 4.51mg (30.06%), Potassium: 1001.63mg (28.62%), Vitamin B2: 0.47mg (27.58%), Vitamin B1: 0.39mg (26.23%), Magnesium: 98.95mg (24.74%), Calcium: 186.24mg (18.62%), Copper: 0.33mg (16.63%), Fiber: 3.51g (14.03%), Vitamin B5: 0.84mg (8.35%), Vitamin D: 0.16µg (1.04%)