



Cabernet-Balsamic Burgers with Sautéed Mushrooms & Onions

READY IN



57 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby arugula
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 cup wine dry red
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 pounds ground sirloin
- ☐ 9 ounce hamburger buns whole-wheat

- ☐ 0.3 cup mayonnaise light
- ☐ 8 ounce mushrooms sliced
- ☐ 5 teaspoons olive oil divided
- ☐ 4 cups onion red thinly sliced
- ☐ 0.8 teaspoon salt divided

Equipment

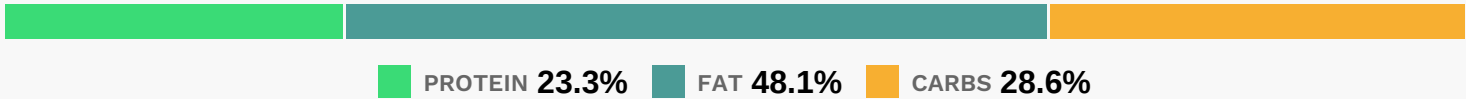
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ Heat a large nonstick skillet over medium-low heat.
- ☐ Add 2 teaspoons olive oil to pan; swirl to coat.
- ☐ Add onion and thyme; cook 17 minutes or until golden and very tender, stirring occasionally. Increase the heat to medium-high; add wine, vinegar, and 1/4 teaspoon salt. Cook for 6 minutes or until the liquid almost evaporates, stirring occasionally.
- ☐ Remove onion mixture from pan.
- ☐ Wipe pan clean with paper towels.
- ☐ Heat pan over medium-high heat.
- ☐ Add the remaining 3 teaspoons oil to pan; swirl to coat.
- ☐ Add mushrooms and 1/4 teaspoon salt; saut for 8 minutes or until mushrooms brown and liquid mostly evaporates.
- ☐ Preheat grill to medium-high heat.
- ☐ Coarsely chop 1 cup onion mixture, and stir chopped onion mixture into beef. Divide the beef mixture into 6 equal portions, gently shaping each into a 1-inch-thick patty. Press a nickel-sized indentation in center of each patty.
- ☐ Sprinkle the patties with remaining 1/4 teaspoon salt.

- ☐
- Place patties on a grill rack coated with cooking spray, and grill for 4 minutes on each side or until done.
- ☐
- Combine mayonnaise, blue cheese, and garlic in a bowl, and mash well with a fork.
- ☐
- Spread the top halves of buns evenly with mayonnaise mixture. Arrange 1/4 cup arugula on bottom half of each bun; top each bottom half of bun with 1 patty, about 2 tablespoons remaining onion mixture, about 1/4 cup mushrooms, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:15.8, Inflammation Score:-8, Nutrition Score:21.550000273663%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 22.17mg, Quercetin: 22.17mg, Quercetin: 22.17mg, Quercetin: 22.17mg

Nutrients (% of daily need)

Calories: 516.17kcal (25.81%), Fat: 26.66g (41.02%), Saturated Fat: 9.02g (56.39%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 32.56g (11.84%), Sugar: 9.74g (10.83%), Cholesterol: 83.32mg (27.77%), Sodium: 752.13mg (32.7%), Alcohol: 2.1g (100%), Alcohol %: 0.75% (100%), Protein: 29.06g (58.11%), Selenium: 34.76µg (49.65%), Vitamin B12: 2.63µg (43.83%), Vitamin B3: 8.62mg (43.12%), Zinc: 5.97mg (39.8%), Phosphorus: 328.84mg (32.88%), Vitamin B6: 0.61mg (30.38%), Vitamin B2: 0.51mg (29.89%), Iron: 4.5mg (25.03%), Vitamin B1: 0.36mg (24.29%), Manganese: 0.44mg (22.2%), Potassium: 710.16mg (20.29%), Folate: 81.08µg (20.27%), Vitamin K: 18.22µg (17.36%), Copper: 0.3mg (14.92%), Calcium: 146.94mg (14.69%), Vitamin B5: 1.45mg (14.51%), Vitamin C: 10.95mg (13.27%), Fiber: 3.12g (12.47%), Magnesium: 49.73mg (12.43%), Vitamin E: 1.35mg (8.99%), Vitamin A: 196.64IU (3.93%), Vitamin D: 0.22µg (1.45%)