



Caprese Burgers

READY IN

ready

30 min.

SERVINGS

servings

30

CALORIES

calories

190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup roasted almonds salted
- ☐ 2 cups basil leaves
- ☐ 6 brioche hamburger buns split
- ☐ 8 ounces mozzarella cheese fresh cut into 6 slices
- ☐ 1 clove garlic
- ☐ 1 pound ground beef sirloin
- ☐ 1 pound ground beef chuck
- ☐ 0.5 cup olive oil extra-virgin plus more for brushing
- ☐ 0.3 cup pecorino-romano cheese grated

- ☐ 30 servings pepper freshly ground
- ☐ 30 servings salt
- ☐ 2 tomatoes sliced

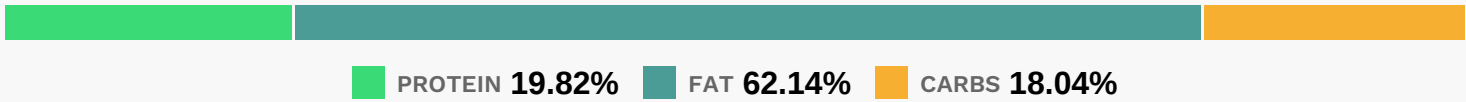
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ In a food processor, combine the basil with the almonds and garlic and pulse until the almonds are finely chopped.
- ☐ Add the 1/2 cup of olive oil and process to a paste.
- ☐ Add the grated Pecorino and pulse to combine. Season the pesto with salt and pepper. You should have about 1 cup.
- ☐ Transfer 1/4 cup of the pesto to a bowl.
- ☐ Add the ground chuck and ground sirloin and a pinch of salt and gently knead to blend. Form the mixture into six 4-inch patties, about 3/4 inch thick.
- ☐ Brush the burger patties lightly with olive oil.
- ☐ Light a grill and oil the grates. Grill the burgers over moderately high heat for 3 minutes. Flip the burgers, top them with the mozzarella slices and close the grill. Cook for 3 minutes longer for medium-rare burgers. Grill the buns until lightly toasted, then spread some of the pesto on the bottoms. Top with the burgers, the tomatoes and the remaining pesto. Close the burgers and serve right away.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:4.8543478172758%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 190.29kcal (9.51%), Fat: 13.15g (20.24%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.29g (3.01%), Sugar: 0.36g (0.4%), Cholesterol: 57.04mg (19.01%), Sodium: 348.76mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Vitamin B12: 0.83µg (13.81%), Zinc: 1.57mg (10.49%), Phosphorus: 89.78mg (8.98%), Selenium: 6.02µg (8.59%), Vitamin K: 8.62µg (8.21%), Vitamin A: 351.81IU (7.04%), Vitamin B3: 1.39mg (6.97%), Calcium: 69.69mg (6.97%), Vitamin B6: 0.11mg (5.67%), Iron: 0.93mg (5.16%), Vitamin B2: 0.09mg (5.05%), Vitamin E: 0.61mg (4.05%), Manganese: 0.08mg (3.77%), Potassium: 122.77mg (3.51%), Magnesium: 12.34mg (3.08%), Copper: 0.04mg (2.23%), Vitamin B5: 0.18mg (1.84%), Vitamin C: 1.44mg (1.75%), Vitamin B1: 0.02mg (1.46%), Folate: 5.57µg (1.39%), Fiber: 0.3g (1.2%)