



Caramelized Onion-and-Blue Cheese Mini Burgers

READY IN



28 min.

SERVINGS



8

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons cheese blue crumbled
- ☐ 1 pound ground sirloin
- ☐ 2 tablespoons canola mayonnaise
- ☐ 1 medium onion thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 8 slider buns toasted

☐ 8 slices tomatoes thin

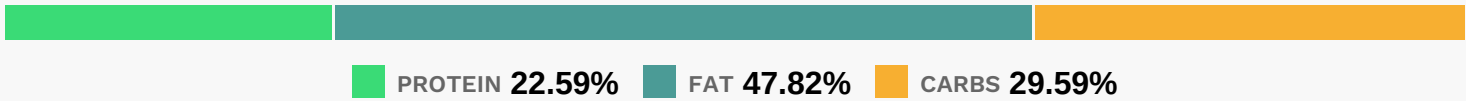
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Add onion to pan; coat onion with cooking spray. Cook 15 minutes, stirring frequently, until tender and browned.
- ☐ Remove pan from heat. Finely chop 1/4 cup onion, and place in a medium bowl, reserving remaining onion in pan.
- ☐ Add salt, pepper, and beef to caramelized onion in bowl; mix well. Divide beef mixture into 8 equal portions, shaping each into a 1/4-inch thick patty.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Place patties on grill pan. Grill 3 minutes on each side, until a thermometer registers 160 or until desired degree of doneness.
- ☐ Place mayonnaise and blue cheese in a food processor; process until smooth.
- ☐ Spread blue cheese mixture evenly on bottom halves of buns.
- ☐ Place 1 patty on bottom half of each bun. Top patties evenly with arugula, tomato slices, and remaining caramelized onion; cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:6.825217432302%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 244.77kcal (12.24%), Fat: 12.8g (19.7%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.23g (5.9%), Sugar: 3.2g (3.55%), Cholesterol: 41.01mg (13.67%), Sodium: 221.72mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Vitamin B12: 1.25µg (20.84%), Zinc: 2.62mg (17.5%), Vitamin B3: 2.68mg (13.42%), Selenium: 9.32µg (13.31%), Iron: 2.18mg (12.1%), Vitamin B6: 0.22mg (10.95%), Phosphorus: 109.14mg (10.91%), Vitamin K: 10.9µg (10.38%), Fiber: 1.6g (6.39%), Potassium: 209.3mg (5.98%), Vitamin B2: 0.1mg (5.84%), Calcium: 50.12mg (5.01%), Vitamin B5: 0.38mg (3.76%), Magnesium: 14.01mg (3.5%), Manganese: 0.05mg (2.66%), Folate: 10.47µg (2.62%), Copper: 0.05mg (2.49%), Vitamin E: 0.35mg (2.36%), Vitamin A: 110.57IU (2.21%), Vitamin B1: 0.03mg (2.2%), Vitamin C: 1.72mg (2.08%)