



Caramelized Onion Zin-Burgers with Crispy Cheddar Frico

READY IN



60 min.

SERVINGS



6

CALORIES



996 kcal

SIDE DISH

Ingredients

- ☐ 2 beefsteak tomatoes
- ☐ 6 burger rolls seeded
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 pounds ground beef
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 ounces spring mix salad green
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings sea salt and pepper black freshly ground

- ☐ 1.5 cups sharp cheddar shredded
- ☐ 2 small onions yellow sliced cut in 1/2 and thin
- ☐ 2 cups red wine

Equipment

- ☐ frying pan
- ☐ grill
- ☐ spatula

Directions

- ☐ Heat a 10-inch saute pan over high heat. When hot add the olive oil, onions, and season with some salt and black pepper. Reduce heat to medium-high and continue to cook for 10 minutes until caramelized, stirring often.
- ☐ Sprinkle in the thyme and continue to cook for one minute.
- ☐ Add the Zinfandel and cook until wine is 2/3 reduced. Take off the heat and let cool to room temperature.
- ☐ For the Cheddar fricos: In an 8-inch nonstick pan heated over medium-high heat add 1/4 cup shredded cheese. Cook until cheese is light brown on the bottom. Turn over with a plastic spatula and continue cooking for another 10 to 15 seconds.
- ☐ Remove to a plate to cool. Wipe pan and start again until 6 fricos are complete.
- ☐ Form 6 (1/2-pound) beef patties and season very well with sea salt and black pepper on each side.
- ☐ Place on a hot grill and cook until nicely browned, approximately 5 minutes. Turn over and continue to cook to desired doneness.
- ☐ A couple of minutes before the burgers are done halve the rolls and lightly brown on the grill, open side down.
- ☐ Place burgers on the bottom halves of the rolls, adding a generous helping of onions. Season the tomato slices with salt and pepper. Top the burgers with frico, tomato slice and greens.
- ☐ Roll up your sleeves and dive in.

Nutrition Facts



 **PROTEIN 22.17%**  **FAT 63.92%**  **CARBS 13.91%**

Properties

Glycemic Index:43.83, Glycemic Load:14.76, Inflammation Score:-9, Nutrition Score:33.963912829109%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 995.52kcal (49.78%), Fat: 65.93g (101.44%), Saturated Fat: 24.48g (153%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 29.6g (10.76%), Sugar: 7.19g (7.99%), Cholesterol: 189.28mg (63.09%), Sodium: 563.38mg (24.49%), Alcohol: 8.73g (100%), Alcohol %: 2.01% (100%), Protein: 51.45g (102.89%), Vitamin B12: 5.24µg (87.31%), Selenium: 53.95µg (77.07%), Zinc: 11.14mg (74.25%), Vitamin B3: 12.27mg (61.35%), Phosphorus: 577.2mg (57.72%), Vitamin B6: 0.92mg (46.17%), Vitamin B2: 0.63mg (37.26%), Iron: 6.64mg (36.89%), Calcium: 326.53mg (32.65%), Vitamin A: 1582.85IU (31.66%), Vitamin C: 25.46mg (30.86%), Potassium: 1044.8mg (29.85%), Vitamin B1: 0.4mg (26.73%), Manganese: 0.5mg (25.06%), Folate: 94.48µg (23.62%), Vitamin E: 3.17mg (21.15%), Vitamin K: 21.62µg (20.59%), Magnesium: 75.4mg (18.85%), Copper: 0.29mg (14.55%), Vitamin B5: 1.42mg (14.24%), Fiber: 2.67g (10.7%), Vitamin D: 0.4µg (2.64%)