



## Cast-Iron Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 slices applewood-smoked bacon chopped
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon chives finely chopped
- 1 tablespoon dijon mustard
- 1 pound ground sirloin
- 1 tablespoon horseradish prepared
- 2 teaspoons catsup
- 0.5 teaspoon kosher salt

- 1 cup lettuce shredded
- 1 tablespoon canola mayonnaise
- 6 ounce kaiser rolls
- 4 slices tomatoes (1/4-inch-thick)
- 1 teaspoon worcestershire sauce
- 3 cups onion yellow vertically sliced

## Equipment

- bowl
- frying pan
- slotted spoon

## Directions

- To prepare the patties, divide beef into 4 portions, lightly shaping each into a 1/2-inch-thick patty.
- Sprinkle evenly with salt. Cover and refrigerate 30 minutes.
- To prepare horseradish spread, combine mayonnaise and next 3 ingredients (through ketchup) in a small bowl. Set aside.
- To prepare relish, cook bacon in a large nonstick skillet over medium-low heat until crisp.
- Remove bacon from pan with a slotted spoon.
- Add onion to drippings in pan; cook 15 minutes or until golden brown.
- Combine bacon, onion mixture, chives, Worcestershire sauce, and pepper in a small bowl.
- Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray.
- Add patties; cook 2 minutes on each side or until desired degree of doneness.
- Spread 1 1/2 teaspoons horseradish spread on cut sides of each bun half. Top bottom half of each bun with 1 patty, 1/4 cup relish, 1 tomato slice, 1/4 cup lettuce, and top half of bun.

## Nutrition Facts

  

 **PROTEIN 23.26%**  **FAT 47.54%**  **CARBS 29.2%**

## Properties

Glycemic Index:88.25, Glycemic Load:15.74, Inflammation Score:-7, Nutrition Score:20.890869145808%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.06mg, Isorhamnetin: 6.06mg, Isorhamnetin: 6.06mg, Isorhamnetin: 6.06mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 24.83mg, Quercetin: 24.83mg, Quercetin: 24.83mg, Quercetin: 24.83mg

## Nutrients (% of daily need)

Calories: 495.8kcal (24.79%), Fat: 26.02g (40.03%), Saturated Fat: 8.96g (56%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 32.28g (11.74%), Sugar: 10.32g (11.46%), Cholesterol: 85.84mg (28.61%), Sodium: 777.82mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.29%), Selenium: 33.81µg (48.3%), Vitamin B12: 2.61µg (43.42%), Vitamin B3: 7.9mg (39.51%), Zinc: 5.87mg (39.14%), Vitamin B6: 0.63mg (31.63%), Phosphorus: 305.71mg (30.57%), Vitamin B1: 0.39mg (26.08%), Manganese: 0.5mg (24.92%), Iron: 4.47mg (24.83%), Vitamin B2: 0.36mg (21.23%), Folate: 82.58µg (20.64%), Potassium: 711.27mg (20.32%), Vitamin C: 15.32mg (18.57%), Vitamin K: 18.17µg (17.3%), Fiber: 3.69g (14.75%), Magnesium: 51.65mg (12.91%), Calcium: 120.48mg (12.05%), Copper: 0.21mg (10.4%), Vitamin B5: 0.9mg (8.98%), Vitamin A: 374.52IU (7.49%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.16µg (1.1%)