



Cheddar-and-Onion Smashed Burgers

READY IN



30 min.

SERVINGS



30

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 bread dry thin
- ☐ 1.3 pound ground beef (30 percent fat)
- ☐ 2 small onion paper thin sliced
- ☐ 16 inches potato buns toasted
- ☐ 30 servings salt and pepper freshly ground
- ☐ 4 ounces sharp cheddar cheese sliced
- ☐ 30 servings frangelico for sprinkling (optional, see note)
- ☐ 30 servings frangelico for sprinkling (optional, see note)

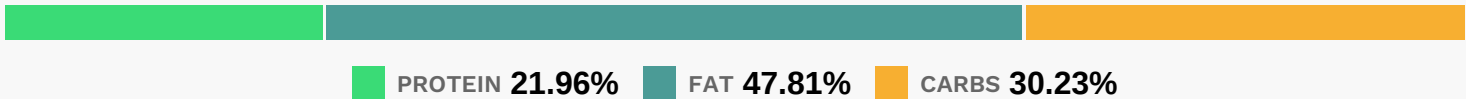
Equipment

- ☐ frying pan
- ☐ roasting pan
- ☐ spatula

Directions

- ☐ Heat a cast-iron griddle until very hot.
- ☐ Layer the pickle slices on the bottom buns.
- ☐ Without overworking the meat, loosely form it into 4 balls and place them on the griddle. Cook the meatballs over moderately high heat for 30 seconds. Using a sturdy large spatula, flatten each ball into a 5-inch round patty. Season the patties with salt and pepper and cook for 2 minutes, until well seared. Press a handful of sliced onions onto each patty. Using the spatula, carefully flip each burger so the onions are on the bottom. Top with the cheese and cook for 2 minutes. Cover with a roasting pan and cook just until the cheese is melted, 1 minute more.
- ☐ Transfer the burgers with the onions to the buns and sprinkle with umami dust. Top with the buns and serve.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:3.93, Inflammation Score:-1, Nutrition Score:4.2078261206979%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 109.53kcal (5.48%), Fat: 5.78g (8.9%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.53g (2.74%), Sugar: 1.19g (1.33%), Cholesterol: 17.2mg (5.73%), Sodium: 306.59mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Selenium: 8.23µg (11.76%), Manganese: 0.19mg (9.34%), Vitamin B3: 1.72mg (8.58%), Vitamin B12: 0.44µg (7.41%), Zinc: 1.09mg (7.28%), Phosphorus: 67.79mg (6.78%), Calcium: 53.82mg (5.38%), Iron: 0.97mg (5.38%), Vitamin B1: 0.08mg (5.36%), Vitamin B2: 0.09mg (5.17%),

Folate: 17.73µg (4.43%), Vitamin B6: 0.09mg (4.29%), Fiber: 0.7g (2.81%), Magnesium: 10.83mg (2.71%), Vitamin B5: 0.24mg (2.39%), Potassium: 81.85mg (2.34%), Copper: 0.04mg (1.84%), Vitamin K: 1.18µg (1.13%)