



Cheddar Burgers with Balsamic Onions and Chipotle Ketchup

READY IN



45 min.

SERVINGS



6

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar ()
- ☐ 1.5 teaspoons chipotles in adobo canned chopped
- ☐ 6 servings kosher salt
- ☐ 2.3 pounds ground beef 15% 20% (to fat)
- ☐ 0.5 teaspoon pepper black
- ☐ 6 large muffins split english
- ☐ 1 cup catsup
- ☐ 6 servings olive oil

- ☐ 1 pound onion red
- ☐ 6 slices sharp cheddar cheese thick
- ☐ 2 cups pkt spinach fresh
- ☐ 6 slices tomato

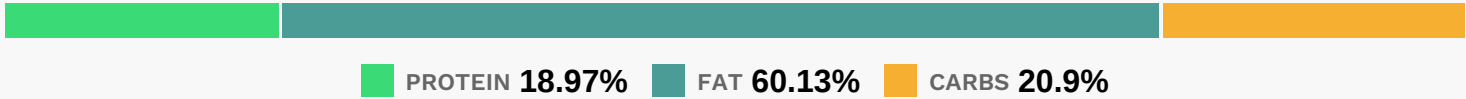
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-highheat): Arrange onion rounds on baking sheet.
- ☐ Brush with oil; sprinkle with 3/4 teaspoon coarse salt and pepper.
- ☐ Transfer onion rounds (still intact) to grill rack; close cover. Cook until grill marks appear, about 4 minutes per side. Reduce heat or move onions to cooler part of grill. Close cover; cook until onions are tender, about 10 minutes.
- ☐ Transfer to medium bowl. Toss with vinegar. DO AHEAD: Can be made 3 days ahead. Cover; chill.
- ☐ Mix ketchup, chiles, adobo sauce, and 2 teaspoons vinegar in small bowl. Season with salt and more vinegar, if desired. do a h e a d Can be made 3 days ahead. Cover and chill.
- ☐ Shape beef into six 1/2-inch thick patties.
- ☐ Sprinkle patties on both sides with coarse salt and pepper. Prepare barbecue (medium-high heat).
- ☐ Place burgers on grill. Close cover; cook burgers until bottoms start to darken and juices rise to surface, about 3 minutes. Turn burgers; cook to desired doneness, about 3 minutes longer for medium-rare. Top with onions and cheese. Close cover; cook until cheese melts.
- ☐ Place muffin bottoms on plates; spread with ketchup. Top with burgers, tomatoes, if desired, spinach, and muffin tops.
- ☐ Serve, passing remaining ketchup separately.
- ☐ *Dried, smoked jalapeños in a spicy tomato sauce called adobo; available at some supermarkets and at specialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:20.47, Inflammation Score:-8, Nutrition Score:28.8156521424%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.09mg, Quercetin: 16.09mg, Quercetin: 16.09mg, Quercetin: 16.09mg

Nutrients (% of daily need)

Calories: 879.83kcal (43.99%), Fat: 58.73g (90.35%), Saturated Fat: 20.55g (128.46%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 42.58g (15.48%), Sugar: 12.22g (13.58%), Cholesterol: 148.77mg (49.59%), Sodium: 1129.84mg (49.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.69g (83.37%), Vitamin B12: 3.96µg (65.99%), Vitamin K: 62.32µg (59.35%), Zinc: 8.79mg (58.61%), Phosphorus: 510.85mg (51.08%), Selenium: 34.21µg (48.86%), Vitamin B3: 8.84mg (44.19%), Vitamin B6: 0.77mg (38.4%), Vitamin B2: 0.57mg (33.48%), Calcium: 293.05mg (29.31%), Vitamin A: 1434.28IU (28.69%), Iron: 4.56mg (25.35%), Vitamin E: 3.73mg (24.88%), Potassium: 840.7mg (24.02%), Manganese: 0.48mg (23.76%), Folate: 76.42µg (19.1%), Magnesium: 69.71mg (17.43%), Vitamin B1: 0.23mg (15.46%), Vitamin B5: 1.35mg (13.45%), Fiber: 3.34g (13.37%), Copper: 0.27mg (13.32%), Vitamin C: 10.24mg (12.41%), Vitamin D: 0.34µg (2.25%)