



Cheddar Burgers with Red Onion Jam

READY IN



30 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound extra-lean ground round
- ☐ 0.8 teaspoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 6 ounce hamburger buns toasted
- ☐ 4 teaspoons canola mayonnaise
- ☐ 1 teaspoon olive oil
- ☐ 0.8 teaspoon oregano fresh chopped
- ☐ 4 cups onion red vertically sliced
- ☐ 4 teaspoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons sugar
- ☐ 2 ounce cheddar cheese white

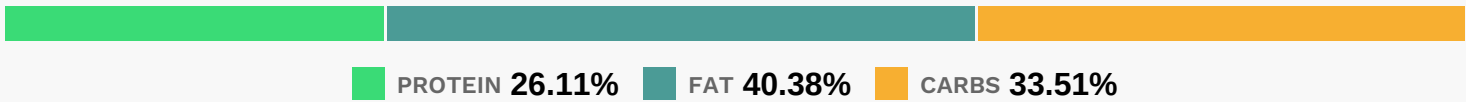
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ To prepare jam, heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 5 minutes. Reduce heat to medium-low; stir in sugar, vinegar, and thyme. Cover and cook 10 minutes or until onion is very tender.
- ☐ Remove from heat.
- ☐ To prepare burgers, combine oregano, salt, garlic powder, and beef. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place on grill rack coated with cooking spray; cook 2 minutes. Turn patties over.
- ☐ Place 1 cheese slice on each patty; cook 2 minutes or until done.
- ☐ Spread cut sides of each bun with 1/2 teaspoon mayonnaise.
- ☐ Place 1 patty on bottom half of each bun; top each with 1/4 cup onion jam and bun top.
- ☐ Combine 1/2 cup (2 ounces) low-fat crumbled blue cheese, 1/3 cup reduced-fat sour cream, 2 tablespoons canola mayonnaise, and 1 teaspoon red wine vinegar in a bowl. Mash with a fork.

Nutrition Facts



Properties

Glycemic Index:72.77, Glycemic Load:18.96, Inflammation Score:-9, Nutrition Score:21.552173992862%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 494.44kcal (24.72%), Fat: 22.01g (33.86%), Saturated Fat: 8.36g (52.27%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 37.39g (13.6%), Sugar: 13.96g (15.51%), Cholesterol: 89.56mg (29.85%), Sodium: 700.8mg (30.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.05%), Selenium: 35.38µg (50.54%), Vitamin B12: 2.75µg (45.77%), Zinc: 6.57mg (43.77%), Vitamin B3: 7.75mg (38.74%), Phosphorus: 365.89mg (36.59%), Vitamin B6: 0.66mg (32.78%), Iron: 4.61mg (25.62%), Vitamin B2: 0.41mg (24.38%), Manganese: 0.48mg (24.24%), Vitamin B1: 0.36mg (23.89%), Calcium: 220.36mg (22.04%), Folate: 81.5µg (20.37%), Potassium: 672.55mg (19.22%), Vitamin C: 13.03mg (15.79%), Fiber: 3.71g (14.86%), Magnesium: 54.29mg (13.57%), Vitamin K: 13.38µg (12.75%), Copper: 0.2mg (10.11%), Vitamin B5: 0.94mg (9.43%), Vitamin E: 0.96mg (6.41%), Vitamin A: 172.45IU (3.45%), Vitamin D: 0.21µg (1.38%)