



Cheddar Cheeseburgers with Caramelized Shallots

READY IN



38 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef 90% lean
- 1 cup baby arugula
- 2 garlic cloves minced
- 6 ounce hamburger buns toasted
- 0.5 teaspoon kosher salt divided
- 3 tablespoons mayonnaise light
- 1 tablespoon olive oil divided
- 2 cups shallots thinly sliced

- 0.5 cup sharp cheddar cheese shredded
- 1 tablespoon citrus champagne vinegar

Equipment

- frying pan

Directions

- Heat a nonstick skillet over medium-low heat.
- Add 2 teaspoons oil; swirl to coat.
- Add shallots and 1/4 teaspoon salt; cook 15 minutes or until golden brown, stirring occasionally. Stir in vinegar; cook 1 minute.
- Remove from heat; keep warm.
- Gently combine garlic and beef. Divide the meat mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty.
- Sprinkle evenly with the remaining 1/4 teaspoon salt.
- Heat a large cast-iron skillet over medium-high heat.
- Add the remaining 1 teaspoon oil to pan; swirl to coat.
- Add patties, and cook for 3 minutes on each side or until desired degree of doneness. Top each patty with 2 tablespoons cheese; cover and cook 1 minute or until cheese melts.
- Place 1/4 cup arugula on bottom half of each bun; top with 1 patty and one-fourth of shallots.
- Spread about 2 teaspoons mayonnaise on top half of each bun; place on top of burgers.

Nutrition Facts



PROTEIN 25.64% **FAT 41.16%** **CARBS 33.2%**

Properties

Glycemic Index:45.25, Glycemic Load:17.83, Inflammation Score:-7, Nutrition Score:23.969565116841%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 521.15kcal (26.06%), Fat: 23.79g (36.61%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 38.52g (14.01%), Sugar: 12.94g (14.38%), Cholesterol: 89.51mg (29.84%), Sodium: 770.98mg (33.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.35g (66.69%), Selenium: 36.31µg (51.87%), Vitamin B12: 2.74µg (45.68%), Zinc: 6.78mg (45.23%), Vitamin B6: 0.89mg (44.28%), Phosphorus: 394.04mg (39.4%), Vitamin B3: 7.8mg (39%), Manganese: 0.64mg (31.88%), Iron: 5.59mg (31.07%), Potassium: 851.14mg (24.32%), Vitamin B1: 0.36mg (23.98%), Folate: 95.28µg (23.82%), Vitamin B2: 0.4mg (23.24%), Calcium: 230.26mg (23.03%), Fiber: 4.66g (18.65%), Vitamin K: 17.45µg (16.62%), Magnesium: 64.21mg (16.05%), Vitamin C: 11.25mg (13.64%), Copper: 0.25mg (12.38%), Vitamin B5: 1.11mg (11.13%), Vitamin E: 1.39mg (9.25%), Vitamin A: 272.82IU (5.46%), Vitamin D: 0.2µg (1.32%)