



Cheese and Onion-Stuffed Burger with Grilled Tomato Chutney and Marinated Vegetables

READY IN



67 min.

SERVINGS



2

CALORIES



1561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 brioche buns sliced in half lengthwise
- 0.3 cup gloucester chive cheese grated
- 1 teaspoon parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 1 teaspoon garlic chopped
- 1 tablespoon grapeseed oil
- 2 servings grapeseed oil
- 12 ounces ground beef

- 1 teaspoon juice of lemon fresh
- 0.5 cup mayonnaise
- 1 tablespoon olive oil
- 1 tablespoon onion minced
- 1 teaspoon oregano fresh chopped
- 1 large portabella mushroom cut into 4 to 6 wedges
- 2 roma tomatoes halved
- 0.3 cup baby greens shredded
- 2 servings salt
- 1 small shallots diced
- 2 tablespoons balsamic vinegar white
- 1 medium zucchini thick cut into slices on the bias

Equipment

- bowl
- grill

Directions

- For the chutney: Preheat the grill to medium heat.
- Brush the tomato halves with grapeseed oil and place on the grill. Grill for just 1 minute to get a char and soften the tomatoes. Chop the tomatoes and add to a bowl. Stir in the shallot, thyme, parsley, and garlic.
- Drizzle in just enough olive oil to moisten the mixture. Season with salt.
- For the burger: In a bowl, blend the onions and beef and season with salt. Do not over-mix, this will cause the burgers to be too tightly bound. Next, portion into 2 balls, create a pocket in the center of each ball, and fill each ball with half the cheese. Season the outside of the balls and allow to rest for 5 to 10 minutes.
- For the vegetables: In a bowl, mix the oil, vinegar, herbs, and garlic and add the vegetables. Allow the vegetables to marinate for 10 minutes. Grill over medium heat for 2 to 3 minutes each side. Increase the heat to medium-high.

- After resting the burgers, pat each burger flat into a 1 by 6-inch patty. Grill over medium-high heat about 6 minutes on each side. The cheese should be still intact but not beginning to leak out.
- Grill the brioche buns for just 1 minute. Stir the lemon juice into the mayonnaise.
- Spread the lemon mayo on the bottom half of the buns, top with the burgers, some chutney, shredded romaine, and then the top of the buns. (Spoon the chutney onto the burger, leaving the liquid in the bowl.)
- Serve alongside the grilled vegetables.

Nutrition Facts

PROTEIN 11.36% **FAT 74.66%** **CARBS 13.98%**

Properties

Glycemic Index:215, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:34.48999984368%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 1561.23kcal (78.06%), Fat: 129.99g (199.99%), Saturated Fat: 37.53g (234.56%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 51.2g (18.62%), Sugar: 10.14g (11.27%), Cholesterol: 305.52mg (101.84%), Sodium: 1200.5mg (52.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.5g (89.01%), Vitamin K: 124.08µg (118.17%), Vitamin E: 10.26mg (68.38%), Vitamin B12: 3.73µg (62.14%), Zinc: 7.99mg (53.28%), Vitamin A: 2591.82IU (51.84%), Selenium: 35.28µg (50.4%), Vitamin B3: 10.02mg (50.12%), Vitamin B6: 0.91mg (45.74%), Phosphorus: 397.75mg (39.77%), Vitamin C: 30.89mg (37.44%), Iron: 5.89mg (32.75%), Potassium: 1142.93mg (32.66%), Vitamin B2: 0.44mg (26.05%), Manganese: 0.47mg (23.25%), Folate: 80.17µg (20.04%), Copper: 0.36mg (18.07%), Vitamin B5: 1.76mg (17.65%), Calcium: 176.46mg (17.65%), Magnesium: 65.1mg (16.27%), Fiber: 3.55g (14.2%), Vitamin B1: 0.19mg (12.85%), Vitamin D: 0.41µg (2.72%)