



## Cheese Burgers

READY IN



43 min.

SERVINGS



8

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup apple cider vinegar
- 4 pound brisket with a medium size "hole" on the grinder
- 1 teaspoon pepper black
- 0.5 cup bread crumbs toasted
- 2 tablespoon lightly butter salted
- 2 tablespoons canola oil
- 1 carrots peeled chopped
- 2 stalks celery peeled chopped
- 0.5 cup dill pickle rounds thinly sliced

- 1 tablespoon granulated sugar
- 4 hamburger rolls halved seeded
- 2 tablespoons jalapeno minced seeded
- 1 tablespoon kosher salt
- 8 servings kosher salt
- 0.5 cup mayonnaise prepared
- 1 tablespoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 4 cups cabbage shredded red
- 1 medium onion red peeled chopped
- 8 ounces sharp cheddar cheese cut into thin slices
- 0.3 cup cup heavy whipping cream sour

## Equipment

- bowl
- frying pan
- whisk
- grill
- spatula

## Directions

- Preheat the grill on medium-high heat.
- Heat a large skillet over high heat. Once hot, add the oil, carrot, onion and celery. Stir to blend and season with salt. Cook until the vegetables become tender and slightly caramelized, 10-12 minutes.
- Transfer the vegetables to a bowl and refrigerate to cool them down.
- In another bowl, mix the ground brisket with the mayonnaise. Season with salt to taste.
- Mix in the vegetables. Form the meat into eight even patties that are about 3/4 inch thick.
- Place the hamburgers on the hottest part of the grill and cook, undisturbed, for about 2 minutes. Turn them a quarter turn and cook for 2 more minutes. Use a metal spatula to flip them on their second side and cook for an additional 2 minutes for rare to medium rare. Toast

the bun halves on the coolest part of the grill. Butter each one. In the last 2 minutes of cooking, add the cheese on top of each burger to allow it to melt as the burgers finish cooking.

- Place a hamburger on a "bottom" bun half and top with some red cabbage slaw (see recipe below). Top with a bun "top" and serve immediately.
- In a large bowl, combine the cabbage and minced Jalapeno with the dill pickle and dill pickle juice. Toss to blend. In a separate bowl, whisk together the sour cream and cider vinegar with the salt, sugar and black pepper.
- Pour the sour cream mixture over the cabbage and toss to blend. Refrigerate until ready to use.

## Nutrition Facts



### Properties

Glycemic Index:62.62, Glycemic Load:9.14, Inflammation Score:-9, Nutrition Score:36.431304283764%

### Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

### Nutrients (% of daily need)

Calories: 753.79kcal (37.69%), Fat: 45.94g (70.68%), Saturated Fat: 16.04g (100.22%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.11g (8.04%), Sugar: 6.98g (7.76%), Cholesterol: 186.61mg (62.2%), Sodium: 1825.99mg (79.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.97g (115.94%), Vitamin B12: 5.92µg (98.6%), Selenium: 53.82µg (76.88%), Zinc: 11.29mg (75.3%), Phosphorus: 653.6mg (65.36%), Vitamin B6: 1.14mg (57.24%), Vitamin B3: 10.67mg (53.37%), Vitamin K: 54.37µg (51.78%), Vitamin A: 2299.4IU (45.99%), Vitamin B2: 0.67mg (39.44%), Vitamin C: 32.12mg (38.94%), Iron: 6.01mg (33.36%), Vitamin B1: 0.47mg (31.2%), Calcium: 301.59mg (30.16%), Potassium: 1029.29mg (29.41%), Manganese: 0.43mg (21.27%), Magnesium: 81.12mg (20.28%), Folate: 67.94µg (16.98%), Vitamin E: 2.46mg (16.39%), Copper: 0.26mg (13.21%), Vitamin B5: 1.15mg (11.48%), Fiber: 2.49g (9.96%), Vitamin D: 0.2µg (1.32%)