



Cheese Stuffed Burgers

READY IN



30 min.

SERVINGS



8

CALORIES



1272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cheese blue cut into 1-inch cubes
- ☐ 2 pounds ground beef
- ☐ 4 hamburger buns
- ☐ 8 servings lettuce
- ☐ 1 cup mayonnaise
- ☐ 8 ounces mozzarella cheese cut into 1-inch cubes
- ☐ 8 servings grilled onions sweet
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings toppings: such as pickles sliced

- ☐ 14 ounce pimientos canned drained sliced
- ☐ 1 teaspoon salt
- ☐ 30 ounce bricks sharp cheddar finely grated
- ☐ 8 servings tomatoes sliced

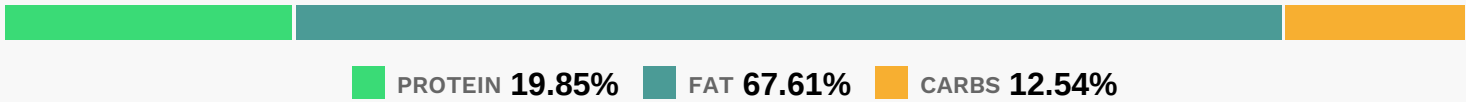
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ hand mixer
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the ground beef, salt and pepper in a large bowl and form the mixture into 8 equal-size balls. Press a cube of desired cheese into the center of each ball and cover completely with meat. Form the balls into hamburger patties, about 1/4-inch thick. Grill burgers until desired doneness. Top with lettuce, tomatoes, onions and pickles as desired on a toasted bun.
- ☐ Place the drained pimientos in a blender or food processor and puree until smooth. Using an electric mixer, combine the pimientos and cheese, beating until smooth. Beat in the mayonnaise.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:10.8, Inflammation Score:-10, Nutrition Score:52.065217308376%

Flavonoids

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg

Nutrients (% of daily need)

Calories: 1271.51kcal (63.58%), Fat: 96.15g (147.93%), Saturated Fat: 41.75g (260.92%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 33.33g (12.12%), Sugar: 18.91g (21.01%), Cholesterol: 242.24mg (80.75%), Sodium: 2413.11mg (104.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.53g (127.05%), Calcium: 1201.01mg (120.1%), Vitamin C: 87.5mg (106.06%), Phosphorus: 1025.71mg (102.57%), Vitamin K: 104.9µg (99.9%), Vitamin A: 4876.08IU (97.52%), Selenium: 63.45µg (90.65%), Vitamin B12: 4.62µg (77.04%), Zinc: 11.24mg (74.95%), Vitamin B2: 1.05mg (61.99%), Vitamin B6: 1.04mg (51.98%), Potassium: 1412.47mg (40.36%), Folate: 159.61µg (39.9%), Vitamin B3: 7.89mg (39.44%), Manganese: 0.68mg (33.78%), Iron: 5.8mg (32.23%), Magnesium: 112.99mg (28.25%), Vitamin B1: 0.42mg (28.05%), Fiber: 6.77g (27.08%), Vitamin E: 4.02mg (26.81%), Copper: 0.41mg (20.37%), Vitamin B5: 2.01mg (20.12%), Vitamin D: 1.06µg (7.08%)