



Cherry and Brie Burgers with Rosemary and Grilled Onion

READY IN



50 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces brie cheese sliced to fit burgers
- ☐ 2 tablespoons bulgur wheat fine
- ☐ 1 cup cherries dried
- ☐ 2.5 teaspoons rosemary leaves fresh divided chopped
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound ground beef lean (90 percent)
- ☐ 1 of lemon zest

- ☐ 4 servings lettuce
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion plus 1 onion thick sliced finely chopped
- ☐ 0.8 teaspoon pepper divided
- ☐ 4 sesame hamburger buns split

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ microwave
- ☐ spatula

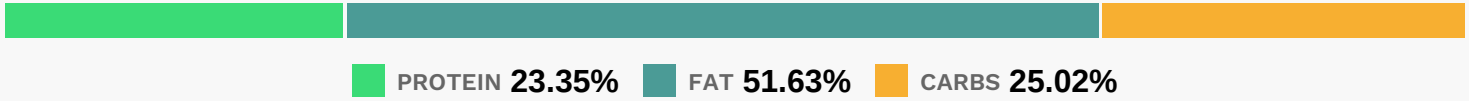
Directions

- ☐ Combine bulgur and 1/3 cup boiling water in a 2-cup glass measure.
- ☐ Let stand 10 minutes, then microwave until liquid is absorbed, 2 to 3 minutes.
- ☐ Let cool.
- ☐ Meanwhile, cook chopped onion in 1 tbsp. oil in a large frying pan over medium heat until deep golden, stirring often, 10 to 15 minutes. Stir in garlic, scrape into a large bowl, and let cool.
- ☐ Brush sliced onion with remaining 1 tbsp. oil and set aside. In a bowl, combine mayonnaise, lemon zest, 1/2 tsp. rosemary, and 1/4 tsp. pepper; chill.
- ☐ Heat grill to medium (350 to 450). Whirl cherries in a food processor until they're finely ground and form a ball.
- ☐ Add them to chopped onion with remaining 2 tsp. rosemary and 1/2 tsp. pepper, the salt, and bulgur; blend well with your fingers.
- ☐ Add ground beef and mix gently but thoroughly. Shape into 4 patties, 1/2 in. thick.
- ☐ Grill onion slices, turning occasionally, until well browned, 10 to 15 minutes. Grill burgers, turning once with a wide spatula, until they no longer stick to grate and grill marks appear, 10

to 12 minutes total; about 2 minutes before burgers are done, top them with brie and grill the buns.

☐ Spread buns with mayonnaise; add lettuce, burgers, and onions.

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:17.47, Inflammation Score:-7, Nutrition Score:26.683478365774%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 636.56kcal (31.83%), Fat: 36.52g (56.18%), Saturated Fat: 11.07g (69.17%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 35.08g (12.76%), Sugar: 11.28g (12.53%), Cholesterol: 106.5mg (35.5%), Sodium: 1177.62mg (51.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.33%), Vitamin K: 60.8µg (57.9%), Selenium: 36.55µg (52.22%), Vitamin B12: 3.12µg (51.94%), Zinc: 7.17mg (47.82%), Vitamin B3: 8.73mg (43.67%), Phosphorus: 385.81mg (38.58%), Manganese: 0.73mg (36.74%), Vitamin B6: 0.68mg (33.92%), Vitamin B2: 0.52mg (30.35%), Iron: 5.21mg (28.94%), Vitamin B1: 0.39mg (25.68%), Folate: 102.42µg (25.61%), Potassium: 791.43mg (22.61%), Fiber: 4.75g (18.98%), Magnesium: 67.78mg (16.95%), Calcium: 162.06mg (16.21%), Vitamin E: 2.32mg (15.49%), Vitamin A: 654.79IU (13.1%), Vitamin B5: 1.24mg (12.43%), Copper: 0.23mg (11.73%), Vitamin C: 9mg (10.9%), Vitamin D: 0.29µg (1.95%)