



## Cranberry-Beef Mini Burgers

READY IN



40 min.

SERVINGS



16

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups arugula fresh
- 1 tablespoon balsamic vinegar
- 8 bacon cooked halved
- 16 dinner rolls split toasted
- 0.7 cup cranberries dried
- 1 teaspoon rosemary leaves fresh minced
- 1 teaspoon thyme sprigs fresh minced
- 1 garlic clove minced
- 0.3 cup greek olives pitted chopped

- 0.8 cup mayonnaise
- 1 tablespoon olive oil
- 1 teaspoon pepper
- 3 plum tomatoes cut into 16 slices
- 4 slices provolone cheese quartered
- 1 teaspoon salt

## Equipment

- food processor
- bowl
- frying pan
- kitchen thermometer

## Directions

- In a food processor, place first six ingredients; pulse until cranberries are finely chopped.
- Transfer to a small bowl; stir in thyme. In a large bowl, combine the beef, salt and pepper. Shape into 16 patties, about 1/2-inch thick.
- In a large nonstick skillet, cook patties in batches over medium heat for 3–4 minutes on each side or until a thermometer reads 160° and juices run clear, topping with cheese during last minute of cooking.
- Spread mayonnaise over cut sides of buns.
- Layer bottoms with arugula, tomatoes, burgers, bacon and cranberry tapenade; replace tops.

## Nutrition Facts



**PROTEIN 10.25%** **FAT 50.72%** **CARBS 39.03%**

## Properties

Glycemic Index:19, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:8.46434775254%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## **Nutrients (% of daily need)**

Calories: 254.86kcal (12.74%), Fat: 14.53g (22.35%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 22.96g (8.35%), Sugar: 4.97g (5.53%), Cholesterol: 11.65mg (3.88%), Sodium: 573.8mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Manganese: 0.5mg (24.98%), Selenium: 17.24µg (24.63%), Vitamin K: 23.17µg (22.07%), Vitamin B1: 0.22mg (14.51%), Calcium: 121.37mg (12.14%), Vitamin B3: 2.29mg (11.46%), Iron: 1.76mg (9.78%), Phosphorus: 91.39mg (9.14%), Vitamin B2: 0.15mg (8.87%), Fiber: 2.2g (8.82%), Folate: 31.12µg (7.78%), Vitamin E: 0.91mg (6.1%), Magnesium: 21.63mg (5.41%), Zinc: 0.72mg (4.82%), Copper: 0.09mg (4.49%), Vitamin A: 221.38IU (4.43%), Vitamin B6: 0.08mg (3.76%), Potassium: 122.58mg (3.5%), Vitamin B5: 0.28mg (2.78%), Vitamin C: 2.24mg (2.71%), Vitamin B12: 0.13µg (2.09%)