



## Cuban-style Burgers on the Grill

READY IN



23 min.

SERVINGS



4

CALORIES



1058 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup dijon mustard
- 2 dill pickles sliced
- 2 pounds ground beef
- 4 classic hamburger buns soft
- 0.5 cup best-quality mayonnaise
- 3 cloves roasted garlic pureed
- 4 servings salt and pepper black freshly ground
- 4 slices ham smoked thinly sliced
- 8 slices swiss cheese thinly sliced

## Equipment

- bowl
- frying pan
- grill
- aluminum foil

## Directions

- Preheat the grill to high. Form the meat into 4 (1/4-inch thick) burgers. Season the meat with salt and pepper on both sides. Grill for 2 to 3 minutes on both sides for medium doneness. When the burgers are done, remove from the heat and reduce heat to medium-low.
- Meanwhile, combine the mayonnaise and roasted garlic in a small bowl and season with salt and pepper, to taste.
- Spread both sides of each bun with mayonnaise and mustard.
- Place a slice of cheese on the bottom portion of each bun, place the burger on top of the cheese, then top the cheese with a slice of ham and another slice of cheese, and finally, the pickle slices.
- Place the tops of the bun over the pickles, wrap the burgers in aluminum foil, and place them on the grill. Using a heavy pan or a brick wrapped in foil, press down on the burgers for about 30 seconds to 1 minute. Lower the lid on the grill and continue grilling for 1 to 2 minutes, or until the cheese has melted and the bun has become pressed and firm.

## Nutrition Facts

 **PROTEIN 21.82%**  **FAT 68.81%**  **CARBS 9.37%**

## Properties

Glycemic Index:58.25, Glycemic Load:13.36, Inflammation Score:-5, Nutrition Score:33.648261002872%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1057.84kcal (52.89%), Fat: 79.96g (123.02%), Saturated Fat: 27.55g (172.21%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 22.65g (8.24%), Sugar: 3.97g (4.41%), Cholesterol: 214.49mg (71.5%), Sodium: 1294.2mg (56.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.05g (114.1%), Vitamin B12: 6µg (100%), Selenium: 62.21µg (88.87%), Zinc: 11.86mg (79.1%), Phosphorus: 677.35mg (67.73%), Vitamin B3: 11.54mg (57.72%), Vitamin K: 58.16µg (55.39%), Calcium: 441.55mg (44.16%), Vitamin B6: 0.84mg (41.78%), Iron: 6.62mg (36.78%), Vitamin B2: 0.6mg (35.48%), Vitamin B1: 0.39mg (25.79%), Potassium: 820.92mg (23.45%), Manganese: 0.39mg (19.73%), Magnesium: 76.93mg (19.23%), Folate: 64.53µg (16.13%), Vitamin E: 2.26mg (15.1%), Copper: 0.28mg (14.25%), Vitamin B5: 1.41mg (14.1%), Vitamin A: 372.1IU (7.44%), Fiber: 1.84g (7.36%), Vitamin C: 2.01mg (2.43%), Vitamin D: 0.28µg (1.89%)