



build a better burger

Cuban-Style Burgers with Grilled Ham & Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.3 cup relish
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 4 slices ham
- ☐ 4 servings kosher salt

- ☐ 4 slices monterrey jack cheese thick
- ☐ 0.3 cup mustard yellow
- ☐ 5 dashes hot sauce
- ☐ 4 large hotdog buns split with butter
- ☐ 1 pound ground sirloin freshly ground
- ☐ 0.3 cup spicy brown mustard
- ☐ 4 servings vegetable oil for brushing on the grill rack

Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- ☐ To make the spread, combine the relish and mustards in a small bowl and stir to blend.
- ☐ Set aside.
- ☐ To make the patties, combine the sirloin, garlic, chile powder, cumin, cilantro, and pepper sauce in a large bowl and season with salt and pepper. Handling the meat as little as possible to avoid compacting it, mix well. Divide the mixture into 4 equal portions and form the portions into patties to fit the buns.
- ☐ When the grill is ready, brush the grill rack with vegetable oil.
- ☐ Place the patties on the rack, cover, and cook, turning once, until done to preference, 5 to 7 minutes on each side for medium. Just before the patties are done, turn a second time and place a ham slice and a cheese slice on top of each patty. During the last few minutes of cooking, place the buns, cut side down, on the outer edges of the rack to toast lightly.
- ☐ To assemble the burgers, spread the pickle spread over the cut sides of the buns. On each bun bottom, place a patty.
- ☐ Add the bun tops and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

☐ From Build a Better Burger by James McNair Copyright (c) 2005 by James McNair Published by Ten Speed Press. James McNair has served as the head judge of Build a Better Burger since it began in 1990, heading both the regional selection process and the cook-off judging; he is now the chairman of the national contest. He is the author of more than forty cookbooks, including Burgers, Beef, Chicken, Corn, Grill, Pizza, and The Sutter Home Napa Valley Cookbook, and has received an Award of Excellence from the International Association of Culinary Professionals. McNair also teaches cooking classes and gives culinary lectures around the country, and has appeared on many national and local television shows. He lives in Napa Valley.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:24.840869499289%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 696.2kcal (34.81%), Fat: 47.16g (72.56%), Saturated Fat: 16.27g (101.72%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 24.88g (9.05%), Sugar: 3.73g (4.15%), Cholesterol: 119.39mg (39.8%), Sodium: 1500.28mg (65.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.81%), Selenium: 50.72µg (72.45%), Vitamin B12: 2.96µg (49.29%), Zinc: 7.17mg (47.79%), Phosphorus: 466.2mg (46.62%), Vitamin B3: 8.66mg (43.32%), Vitamin B1: 0.52mg (34.8%), Calcium: 317.79mg (31.78%), Vitamin K: 31.78µg (30.27%), Iron: 5.41mg (30.04%), Vitamin B6: 0.59mg (29.71%), Vitamin B2: 0.5mg (29.65%), Manganese: 0.44mg (21.87%), Potassium: 572.01mg (16.34%), Magnesium: 63.9mg (15.98%), Vitamin E: 2.18mg (14.51%), Folate: 55.33µg (13.83%), Fiber: 2.61g (10.42%), Copper: 0.2mg (10.18%), Vitamin B5: 0.92mg (9.15%), Vitamin A: 432.22IU (8.64%), Vitamin D: 0.48µg (3.18%), Vitamin C: 1.25mg (1.52%)