



Custom Blend Beef Patty Melt with Pimento Cheese

READY IN



125 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces ground beef short ribs
- 1 clove garlic grated
- 10 ounces ground sirloin
- 1 Dash hot sauce
- 4 servings kosher salt and cracked pepper black
- 0.5 cup mayonnaise
- 2 onions spanish thinly sliced
- 3.5 ounces pimientos diced jarred drained

- 8.5 inch thick rye bread
- 8 ounces sharp cheddar shredded
- 0.3 cup vegetable oil
- 0.5 cup vidalia onion finely chopped

Equipment

- food processor
- bowl
- frying pan

Directions

- Blend together the sirloin and short ribs and sprinkle with salt and pepper. Loosely form the meat into 4 equal 4-ounce patties about 1/2-inch thick. I like to shape my patties into either squares or circles depending on the shape of my bread. That way every bite will have burger in it! Create a small well in the center of each beef patty, using your thumb (this will help your burger cook evenly).
- Heat 2 tablespoons of the oil in a small saute pan over medium heat. Cook the onions, sprinkling with salt and stirring occasionally, until caramelized, brown and soft, 25 to 30 minutes. Season beef patties generously with salt and pepper.
- Heat a large cast-iron skillet or griddle pan over high heat and add 1 to 2 tablespoons of the oil. Cook the burgers well-side up (the burger well collects the juices while cooking, letting your burger marinate) until browned on each side, 3 to 4 minutes per side.
- Transfer to a plate.
- Spread the Homemade Pimiento Cheese on the non-buttered side of each slice of bread. Top half of the bread slices with a pile of onions, then add the burger patties and top with the remaining bread slices.
- Place the sandwiches back on the griddle and toast until the bread is golden brown and the cheese is beginning to melt, 2 minutes per side.
- Blend the Cheddar, mayonnaise, onions, pimientos, garlic and hot sauce in a food processor until well combined.
- Transfer the pimiento cheese to a glass jar or bowl and refrigerate until firm, at least 1 hour.

Nutrition Facts

PROTEIN 17.11% FAT 76.58% CARBS 6.31%

Properties

Glycemic Index:57.83, Glycemic Load:3.3, Inflammation Score:-8, Nutrition Score:25.161739173143%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 14.08mg, Quercetin: 14.08mg, Quercetin: 14.08mg, Quercetin: 14.08mg

Nutrients (% of daily need)

Calories: 798.71kcal (39.94%), Fat: 67.99g (104.59%), Saturated Fat: 21.81g (136.33%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.72g (5.25%), Cholesterol: 134.97mg (44.99%), Sodium: 850.71mg (36.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.35%), Vitamin K: 75.87µg (72.25%), Vitamin B12: 3.22µg (53.75%), Selenium: 34.56µg (49.37%), Phosphorus: 480.19mg (48.02%), Zinc: 7.03mg (46.86%), Calcium: 440.02mg (44%), Vitamin C: 31.1mg (37.7%), Vitamin B6: 0.58mg (28.91%), Vitamin B2: 0.47mg (27.46%), Vitamin A: 1246.71IU (24.93%), Vitamin B3: 4.87mg (24.36%), Vitamin E: 2.96mg (19.75%), Iron: 3.15mg (17.5%), Potassium: 533.18mg (15.23%), Magnesium: 46.56mg (11.64%), Folate: 42.17µg (10.54%), Vitamin B1: 0.14mg (9.46%), Manganese: 0.19mg (9.28%), Vitamin B5: 0.89mg (8.89%), Fiber: 2.01g (8.06%), Copper: 0.15mg (7.65%), Vitamin D: 0.47µg (3.11%)