



Dad's Favorite Detroit-Style Roquefort Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon parsley dried
- ☐ 1 pound ground beef lean
- ☐ 4 lettuce leaves
- ☐ 4 slices onion to taste
- ☐ 1 cup roquefort blue crumbled
- ☐ 4 servings salt and pepper black to taste
- ☐ 4 kaiser rolls split
- ☐ 4 slices tomatoes
- ☐ 0.5 teaspoon worcestershire sauce

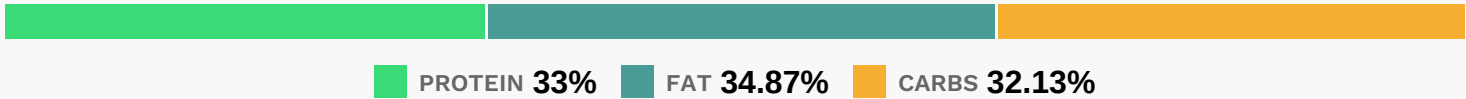
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat, and lightly oil the grate.
- ☐ Mix together the ground beef, Worcestershire sauce, parsley, and salt and pepper in a bowl, and divide the mixture into 4 portions. Make each portion into a ball, and form a pocket in each ball. Stuff the balls with about 1/4 cup crumbled Roquefort cheese, and gently pat and flatten each ball into a bun-sized burger.
- ☐ Grill the burgers on the preheated grill until no longer pink in the middle, the cheese is melted, and the burgers show nice grill marks, 7 to 8 minutes per side.
- ☐ Serve burgers in heated kaiser rolls, with sliced onion, lettuce, and tomato on the side.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:23.74, Inflammation Score:-9, Nutrition Score:21.329130281573%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 462.44kcal (23.12%), Fat: 17.63g (27.12%), Saturated Fat: 8.88g (55.48%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 34.67g (12.61%), Sugar: 6.12g (6.8%), Cholesterol: 95.62mg (31.87%), Sodium: 967.77mg (42.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.54g (75.07%), Iron: 13.82mg (76.77%), Vitamin B12: 2.95µg (49.2%), Zinc: 6.79mg (45.27%), Vitamin A: 2260.74IU (45.21%), Phosphorus: 373.2mg (37.32%), Selenium: 24.85µg (35.5%), Vitamin B3: 6.85mg (34.27%), Vitamin B6: 0.56mg (28.16%), Calcium: 210.56mg (21.06%), Vitamin B2: 0.35mg (20.35%), Potassium: 616.46mg (17.61%), Vitamin B5: 1.35mg (13.53%), Vitamin C: 9.18mg (11.13%),

Magnesium: 40.4mg (10.1%), Folate: 33.75µg (8.44%), Fiber: 1.87g (7.49%), Manganese: 0.14mg (6.91%), Vitamin B1: 0.1mg (6.49%), Copper: 0.12mg (6.2%), Vitamin E: 0.63mg (4.17%), Vitamin K: 3.69µg (3.51%), Vitamin D: 0.28µg (1.88%)