

food
network



HEALTH SCORE

68%

Danish Burgers with Herb Caper Sauce and a Mod Salad



Very Healthy

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**910 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound sack baby spinach washed
- ☐ 5 button mushrooms finely chopped
- ☐ 3 tablespoons capers drained
- ☐ 1 cucumber seedless sliced into half moons cut in 1/2 lengthwise, then
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons optional: dill fresh with kitchen scissors snipped chopped
- ☐ 2 pounds ground chicken

- ☐ 0.3 pound havarti cheese with dill cheese, cut into 1/4-inch dice*
- ☐ 4 servings olive oil extra-virgin for drizzling, plus a couple tablespoons
- ☐ 3 plum tomatoes seeded thinly sliced
- ☐ 4 crusty poppy seed rolls
- ☐ 1 sack gourmet potato chips blue such as terra chips onion and herb yukon gold or potato chips
- ☐ 1 tablespoon poultry seasoning
- ☐ 2 large radishes thinly sliced
- ☐ 1 small onion red peeled sliced
- ☐ 4 servings salt and pepper
- ☐ 2 shallots finely chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan

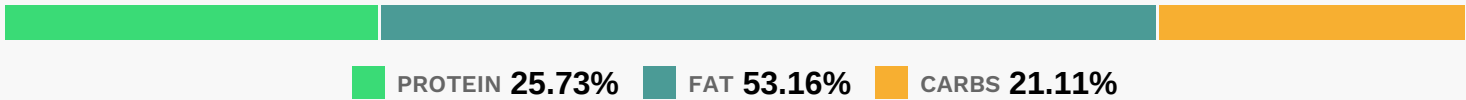
Directions

- ☐ Combine ground chicken, poultry seasoning, chopped shallots, Dijon mustard, chopped mushroom, diced Havarti, salt and pepper, and a drizzle of extra-virgin olive oil.
- ☐ Mix thoroughly. Score the meat with your hand marking 4 equal portions. Form each portion into large 1-inch thick patties.
- ☐ Preheat a non stick skillet over medium-high heat.
- ☐ Drizzle extra-virgin olive oil over the patties and place them in the hot skillet. Cook 6 minutes per side until the patties are firm to the touch and cooked through.
- ☐ While the burgers are cooking prepare the herb caper sauce and mod salad. In a small bowl, combine the sour cream, chopped dill and capers then season with salt and pepper.
- ☐ In a salad bowl combine the cucumbers, half of the red onion, plum tomatoes and 3/4 sack of baby spinach. Dress the salad with white wine vinegar, salt and pepper then drizzle with a couple tablespoons extra-virgin olive oil to coat the salad lightly and evenly. Toss to combine

and adjust salt and pepper, to your taste.

- ☐ Split the rolls or buns.
- ☐ Place the burgers on the bun bottoms. Top with sliced radishes, baby spinach and a heaping spoonful of herb-caper dressing slathered across the bun tops.
- ☐ Add remaining sauce into the salad and combine to give your salad a creamy finish. Fancy chips finish the plate.
- ☐ * TIDBIT
- ☐ The colder the semi-soft Havarti with dill cheese is the easier it will be to dice it. Pop the cheese in the freezer while you prep everything else. Because of the fat content of the cheese, just 10 minutes in a deep freeze makes the dicing a real breeze!

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:56.215652385484%

Flavonoids

Pelargonidin: 2.84mg, Pelargonidin: 2.84mg, Pelargonidin: 2.84mg, Pelargonidin: 2.84mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 15.51mg, Kaempferol: 15.51mg, Kaempferol: 15.51mg, Kaempferol: 15.51mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 20.9mg, Quercetin: 20.9mg, Quercetin: 20.9mg, Quercetin: 20.9mg

Nutrients (% of daily need)

Calories: 909.79kcal (45.49%), Fat: 54.81g (84.32%), Saturated Fat: 18.42g (115.15%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 42.39g (15.42%), Sugar: 8.81g (9.79%), Cholesterol: 253.92mg (84.64%), Sodium: 1222.38mg (53.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.69g (119.38%), Vitamin K: 585.11µg (557.25%), Vitamin A: 11746.92IU (234.94%), Vitamin B3: 17.41mg (87.07%), Manganese: 1.65mg (82.6%), Vitamin B6: 1.65mg (82.29%), Folate: 327.77µg (81.94%), Selenium: 56.66µg (80.94%), Phosphorus: 788.92mg (78.89%), Vitamin B2: 1.3mg (76.75%), Potassium: 2390.84mg (68.31%), Vitamin C: 45.99mg (55.74%), Magnesium: 197.4mg (49.35%), Vitamin B1: 0.73mg (48.73%), Iron: 8.28mg (46.01%), Calcium: 458.14mg (45.81%), Zinc: 6.37mg (42.47%), Vitamin E: 5.99mg (39.95%), Vitamin B5: 3.8mg (37.99%), Copper: 0.62mg (31.13%), Vitamin B12: 1.79µg (29.87%), Fiber: 6.57g (26.29%)