



Dinner Tonight: Grahamburger

READY IN



45 min.

SERVINGS



4

CALORIES



967 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 0.5 pound round of président brie cut into 8 slices
- ☐ 2 cloves garlic
- ☐ 0.5 pound ground pork
- ☐ 1 pound ground sirloin
- ☐ 4 hawaiian rolls halved
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup olive oil
- ☐ 1 large onion red thinly sliced

☐ 1 bunch watercress washed trimmed well

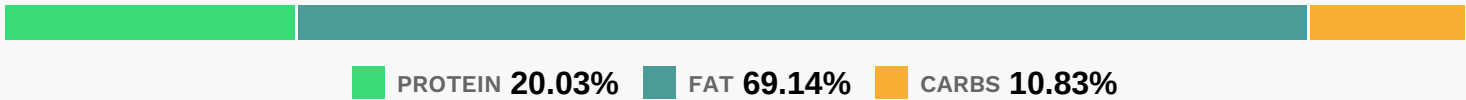
Equipment

- ☐ bowl
- ☐ grill
- ☐ garlic press
- ☐ grill pan

Directions

- ☐ Combine sirloin and pork, taking care not to over mix, and shape into patties. Set in fridge while preparing remaining ingredients.
- ☐ In small bowl, combine red onion, vinegar, and olive oil. Allow to marinate for at least 15 minutes.
- ☐ Pass garlic through garlic press (or mince very finely) into small bowl with mayonnaise. Stir well to combine.
- ☐ Heat grill pan over medium until very hot. Pat marinated onions dry and grill until soft and colored, about 3 minutes per side.
- ☐ Remove to bowl.
- ☐ Season burger patties liberally with salt and pepper and grill until cooked through, 5–8 minutes per side. During last 5 minutes of cooking, place brie slices on patties to melt.
- ☐ Dress burger bun tops with garlic mayonnaise and watercress.
- ☐ Place burgers on bottom rolls and top with red onions.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:13.97, Inflammation Score:-7, Nutrition Score:30.208260577658%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 966.88kcal (48.34%), Fat: 72.8g (111.99%), Saturated Fat: 25.38g (158.61%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 24.35g (8.86%), Sugar: 4.98g (5.53%), Cholesterol: 186.39mg (62.13%), Sodium: 860.46mg (37.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.46g (94.91%), Selenium: 52.89µg (75.56%), Vitamin K: 69.49µg (66.18%), Vitamin B12: 3.91µg (65.21%), Zinc: 8.13mg (54.19%), Vitamin B1: 0.76mg (50.66%), Vitamin B3: 9.8mg (49%), Phosphorus: 467.84mg (46.78%), Vitamin B2: 0.75mg (44.12%), Vitamin B6: 0.83mg (41.59%), Iron: 4.93mg (27.4%), Manganese: 0.5mg (25.03%), Folate: 94.15µg (23.54%), Potassium: 751.95mg (21.48%), Calcium: 214.21mg (21.42%), Vitamin E: 2.44mg (16.25%), Magnesium: 60.12mg (15.03%), Vitamin B5: 1.5mg (15.03%), Vitamin A: 558.38IU (11.17%), Copper: 0.19mg (9.46%), Vitamin C: 6.15mg (7.45%), Fiber: 1.3g (5.22%), Vitamin D: 0.45µg (3.02%)