



Dixie Beef Burgers With Chowchow Spread

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings banana pepper spread
- ☐ 0.5 teaspoon cider vinegar
- ☐ 8 oz country ham biscuit
- ☐ 4 servings chowchow spread
- ☐ 1 cup grape tomatoes quartered
- ☐ 1.5 pounds ground beef
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 4 sourdough hamburger buns split

- ☐ 1 tablespoon honey
- ☐ 4 leaf lettuce leaves green
- ☐ 13.5 oz onion rings frozen
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup onion sweet divided finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wire rack
- ☐ grill

Directions

- ☐ Prepare onion rings according to package directions; keep warm on a wire rack in a jelly-roll pan at 200 up to 20 minutes.
- ☐ Stir together tomatoes, honey, cider vinegar, 1/4 cup onion, and 1/4 tsp. salt.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Gently combine beef, pepper, and remaining 1/4 cup onion and 1/2 tsp. salt in a large bowl until blended, using hands. Shape mixture into 4 (4-inch-wide, 3/4-inch-thick) patties.
- ☐ Grill, covered with grill lid, over 350 to 400 (medium-high) heat 5 to 6 minutes on each side or until beef is no longer pink in center. Grill ham slices 1 to 2 minutes on each side or until lightly crisp. Grill buns, cut sides down, 1 to 2 minutes or until lightly toasted.
- ☐ Layer each of 4 bun halves with lettuce, burger, Chowchow or Banana Pepper
- ☐ Spread, grilled ham slices, and an onion ring. Spoon tomato mixture into centers of each onion ring. Top with remaining bun halves.
- ☐ Serve with remaining onion rings.
- ☐ Note: For testing purposes only, we used Alexia Onion Rings with panko coating.
- ☐ Janice Elder, Charlotte, North Carolina

Nutrition Facts



 **PROTEIN 23.96%**  **FAT 51.41%**  **CARBS 24.63%**

Properties

Glycemic Index:76.57, Glycemic Load:22.74, Inflammation Score:-8, Nutrition Score:31.220000318859%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.79mg, Isorhamnetin: 4.79mg, Isorhamnetin: 4.79mg, Isorhamnetin: 4.79mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 22.58mg, Quercetin: 22.58mg, Quercetin: 22.58mg, Quercetin: 22.58mg

Nutrients (% of daily need)

Calories: 804.52kcal (40.23%), Fat: 45.54g (70.06%), Saturated Fat: 16.87g (105.46%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 44.88g (16.32%), Sugar: 20.83g (23.14%), Cholesterol: 155.92mg (51.97%), Sodium: 1451.41mg (63.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.75g (95.5%), Selenium: 51.09µg (72.98%), Vitamin B12: 4.09µg (68.15%), Vitamin B3: 12.24mg (61.2%), Zinc: 9.09mg (60.58%), Vitamin B6: 1.07mg (53.41%), Vitamin B1: 0.74mg (49.29%), Phosphorus: 488.17mg (48.82%), Vitamin C: 38.21mg (46.31%), Vitamin B2: 0.57mg (33.57%), Iron: 5.88mg (32.66%), Potassium: 1016.66mg (29.05%), Manganese: 0.52mg (25.93%), Folate: 92.58µg (23.15%), Magnesium: 71.07mg (17.77%), Fiber: 4.22g (16.88%), Copper: 0.31mg (15.72%), Vitamin B5: 1.37mg (13.69%), Calcium: 135.05mg (13.51%), Vitamin K: 12.84µg (12.23%), Vitamin E: 1.46mg (9.71%), Vitamin A: 483.45IU (9.67%), Vitamin D: 0.57µg (3.78%)