



WHATSheATE

Double Cheeseburgers with Caramelized Onions

READY IN



45 min.

SERVINGS



45

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 45 servings pepper black freshly ground
- ☐ 45 servings bread-and-butter pickles for serving
- ☐ 45 servings brioche buns toasted for serving
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon cornichons chopped
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 1 clove garlic mashed (small)
- ☐ 3 pounds ground beef chuck

- ☐ 6 ounces gruyère cheese shredded
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 45 servings lettuce shredded for serving
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 45 servings salt
- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 1.5 teaspoons paprika smoked
- ☐ 1 onion sweet thinly sliced
- ☐ 2 tablespoons butter unsalted

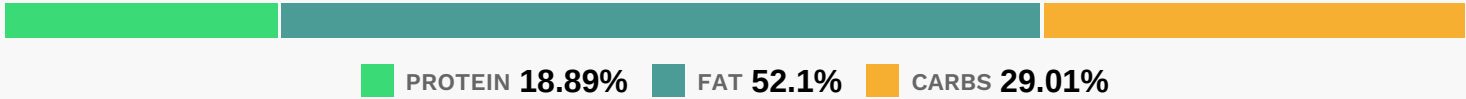
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ In a skillet, melt the butter.
- ☐ Add the onion, cover and cook over moderately low heat, stirring, until softened, 15 minutes. Uncover and cook over moderate heat, stirring, until the onion is caramelized, 20 minutes; add water if necessary to keep the onion from burning. Season with salt and pepper.
- ☐ In a small bowl, whisk the mayonnaise with the lemon juice, garlic, paprika and cayenne. In a steady stream, whisk in the olive oil and season with salt and pepper. Fold in the cornichons and parsley.
- ☐ Heat a griddle. In a bowl, mix the Gruyere and cheddar. Season the patties with salt and pepper and cook over high heat for 2 minutes. Flip the burgers and top with the mixed cheeses. Carefully cover the burgers with a large inverted roasting pan and cook for 2 minutes longer, until medium-rare and the cheese is melted.
- ☐ Spread the paprika mayonnaise on the bottom halves of the buns and stack 2 patties on each. Top with the onions, pickles and lettuce and serve.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:7.71, Inflammation Score:-5, Nutrition Score:10.895652133486%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 236.41kcal (11.82%), Fat: 13.77g (21.18%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 14.93g (5.43%), Sugar: 3.79g (4.21%), Cholesterol: 33.5mg (11.17%), Sodium: 432.26mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Vitamin K: 30.25µg (28.81%), Manganese: 0.47mg (23.55%), Selenium: 14.43µg (20.61%), Vitamin B3: 2.98mg (14.9%), Phosphorus: 145.2mg (14.52%), Folate: 55.01µg (13.75%), Zinc: 2mg (13.31%), Vitamin B12: 0.75µg (12.53%), Calcium: 124.78mg (12.48%), Vitamin A: 597.63IU (11.95%), Vitamin B1: 0.17mg (11.46%), Iron: 2.05mg (11.38%), Vitamin B2: 0.17mg (9.9%), Fiber: 2.32g (9.27%), Vitamin B6: 0.18mg (9.25%), Potassium: 266.52mg (7.61%), Magnesium: 26.35mg (6.59%), Vitamin B5: 0.52mg (5.16%), Copper: 0.09mg (4.6%), Vitamin E: 0.68mg (4.5%), Vitamin C: 3.19mg (3.87%)