



Double Decker Burger

READY IN



25 min.

SERVINGS



4

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 1 large dill pickle sliced into rounds
- ☐ 0.3 cup grapeseed oil
- ☐ 1.5 pounds ground beef
- ☐ 2 tablespoons horseradish
- ☐ 1 teaspoon hot sauce such as tabasco
- ☐ 0.5 cup iceberg lettuce shredded
- ☐ 0.5 cup catsup
- ☐ 1 large onion sliced

- ☐ 1 pinch salt
- ☐ 1 tablespoon salt and pepper blend
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 kaiser buns
- ☐ 1 large tomatoes sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 4 servings bell pepper white

Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ cutting board

Directions

- ☐ Combine the sour cream, horseradish, salt and some pepper in a bowl.
- ☐ Add the iceberg lettuce and toss to combine.
- ☐ Combine the ketchup, Cajun spice and hot sauce in a bowl.
- ☐ Mix the ground beef and salt and pepper blend in a bowl until well mixed. Do not over mix because it will make for a tough burger. Form into 8 patties.
- ☐ Preheat a flattop to medium-high heat, 300 degrees F, and then place the buttered interior of the buns face down on the flat top, cooking until golden brown. Then remove. Next, add 2 tablespoons grape seed oil to the flat top.
- ☐ Place the burgers on the oiled surface and cook for 2 minutes on each side.
- ☐ Assemble the tomatoes, onions and pickles on a cutting board. Then spread the spicy ketchup on the bottom bun.
- ☐ Place the first burger on the bun, then layer with tomatoes, onions and pickles. To finish, top with the lettuce mixture, and then stack a second burger on top. Score with a toothpick. Repeat with the remaining ingredients.

Nutrition Facts



 PROTEIN **16.77%**  FAT **60.36%**  CARBS **22.87%**

Properties

Glycemic Index:68.5, Glycemic Load:24.47, Inflammation Score:-7, Nutrition Score:25.021304343058%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 874.22kcal (43.71%), Fat: 58.79g (90.45%), Saturated Fat: 19.5g (121.87%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 46.39g (16.87%), Sugar: 15.27g (16.97%), Cholesterol: 144.3mg (48.1%), Sodium: 2773.36mg (120.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.5%), Iron: 14.83mg (82.36%), Vitamin B12: 3.68µg (61.37%), Zinc: 7.52mg (50.12%), Vitamin B3: 8.08mg (40.41%), Selenium: 26.83µg (38.33%), Vitamin E: 5.73mg (38.23%), Vitamin B6: 0.72mg (35.97%), Phosphorus: 325.68mg (32.57%), Potassium: 809.4mg (23.13%), Vitamin A: 1153.13IU (23.06%), Vitamin B2: 0.38mg (22.33%), Vitamin C: 14.37mg (17.42%), Vitamin K: 16.77µg (15.98%), Fiber: 3.73g (14.93%), Manganese: 0.28mg (14.22%), Magnesium: 50.95mg (12.74%), Copper: 0.21mg (10.66%), Vitamin B5: 1.06mg (10.56%), Calcium: 102.54mg (10.25%), Folate: 39.72µg (9.93%), Vitamin B1: 0.14mg (9.09%), Vitamin D: 0.28µg (1.83%)