



## Dried Tomato Pesto-Filled Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup beer
- ☐ 0.8 cup feta cheese crumbled (4 oz.; optional)
- ☐ 2 cloves garlic peeled
- ☐ 1.5 pounds ground beef round
- ☐ 18 oz hamburger buns split
- ☐ 6 servings jalapeño mayonnaise
- ☐ 2 tablespoons oil-packed tomatoes dried drained coarsely chopped
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 1 teaspoon pepper

- ☐ 2 tablespoons pinenuts
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tomato paste

## Equipment


- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ spatula

## Directions

- ☐ In a blender or food processor, whirl parmesan cheese, pine nuts, dried tomatoes, tomato paste, garlic, and 2 tablespoons reserved oil from dried tomatoes until mixture is a chunky paste, scraping down sides of bowl as needed.
- ☐ In a large bowl, mix ground beef with beer, 1 teaspoon salt, and 1 teaspoon pepper until well combined. Divide meat mixture into 12 equal portions and flatten each portion into a 4-inch round.
- ☐ Top each of 6 of the rounds with about 1 tablespoon of the dried-tomato pesto. Top with remaining 6 rounds, pressing edges together to seal.
- ☐ Lay burgers on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook burgers, turning once to brown both sides, until meat around filling is no longer pink (cut to test; note that pesto is reddish brown), 6 to 8 minutes total. Also lay bun halves, cut side down, on grill and toast 1 to 2 minutes.
- ☐ With a wide spatula, transfer burgers to bun bottoms.
- ☐ Add salt and pepper to taste. Top each burger with about 2 tablespoons feta cheese, if desired. Cover with bun tops.
- ☐ Serve with jalapeo mayonnaise to add to taste.

## Nutrition Facts



 PROTEIN **27.56%**  FAT **38.27%**  CARBS **34.17%**

Properties

Glycemic Index:54.25, Glycemic Load:26.49, Inflammation Score:-6, Nutrition Score:25.991739262705%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 556.83kcal (27.84%), Fat: 23.22g (35.72%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 44.5g (16.18%), Sugar: 7.44g (8.27%), Cholesterol: 96.06mg (32.02%), Sodium: 1253.57mg (54.5%), Alcohol: 0.51g (100%), Alcohol %: 0.26% (100%), Protein: 37.62g (75.24%), Selenium: 47.15µg (67.36%), Vitamin B12: 3.1µg (51.59%), Vitamin B3: 10mg (50.02%), Zinc: 7.11mg (47.39%), Phosphorus: 447.43mg (44.74%), Manganese: 0.88mg (44.22%), Vitamin B1: 0.57mg (37.87%), Vitamin B2: 0.64mg (37.76%), Iron: 6.12mg (34.02%), Calcium: 334.86mg (33.49%), Vitamin B6: 0.6mg (30.17%), Folate: 97.47µg (24.37%), Potassium: 609.43mg (17.41%), Magnesium: 64.18mg (16.05%), Copper: 0.27mg (13.5%), Vitamin B5: 0.97mg (9.67%), Vitamin K: 9.31µg (8.87%), Fiber: 2.14g (8.58%), Vitamin E: 1.16mg (7.76%), Vitamin C: 5.65mg (6.84%), Vitamin A: 230.12IU (4.6%), Vitamin D: 0.23µg (1.53%)