



food
network

Elvis' Burger

READY IN



85 min.

SERVINGS



6

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 ounces bread crumbs
- ☐ 6 servings burger bun toasted
- ☐ 2 pounds beef chuck steaks
- ☐ 1 tablespoon coriander seeds
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs free-range
- ☐ 6 servings groundnut

- ☐ 1 tablespoon olive oil
- ☐ 1 handful parmesan grated
- ☐ 6 servings pickled gherkin
- ☐ 1 onion red finely chopped
- ☐ 1 pinch salt
- ☐ 6 servings tomato ketchup

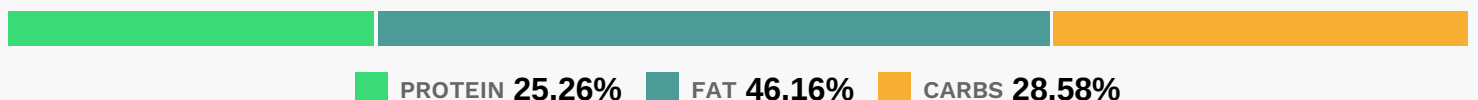
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Slice the chuck steak, then pulse in the processor; this is great, as you get some smaller bits and some larger bits of meat. In a big frying pan slowly fry the onion in olive oil for about 5 minutes until softened, but not coloured. This gives the sweetness to the burger.
- ☐ Add the onion to the meat.
- ☐ Using a pestle and mortar, bash up the cumin, coriander seeds, salt and pepper until fine and add to the meat.
- ☐ Add the Parmesan, Dijon mustard, egg and 1/2 the bread crumbs and mix. If too sticky, add a few more bread crumbs.
- ☐ Lay out some greaseproof paper, sprinkle with bread crumbs, and then shape the meat into patties.
- ☐ Place them on the crumbs, and sprinkle more crumbs on top. These burgers are better if they are chilled in the fridge for about 1 hour before you cook them.
- ☐ Heat a little oil in a frying pan, and cook the burgers on a medium-high heat for about 8 to 10 minutes, turning occasionally.
- ☐ Serve on a toasted burger bun with tomato ketchup and a "wally" (pickled gherkin).

Nutrition Facts



Properties

Glycemic Index:33.21, Glycemic Load:13.32, Inflammation Score:-5, Nutrition Score:26.324347692987%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 588.37kcal (29.42%), Fat: 30.25g (46.54%), Saturated Fat: 11.35g (70.96%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 39.49g (14.36%), Sugar: 8.4g (9.34%), Cholesterol: 133.93mg (44.64%), Sodium: 641.67mg (27.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.25g (74.5%), Zinc: 11.98mg (79.84%), Selenium: 50.21µg (71.72%), Vitamin B12: 4.22µg (70.33%), Vitamin B3: 10.12mg (50.58%), Phosphorus: 391.21mg (39.12%), Vitamin B1: 0.56mg (37.51%), Vitamin B6: 0.73mg (36.49%), Iron: 6.25mg (34.73%), Vitamin B2: 0.5mg (29.15%), Manganese: 0.57mg (28.48%), Potassium: 717.83mg (20.51%), Folate: 76.87µg (19.22%), Magnesium: 60.29mg (15.07%), Calcium: 142.53mg (14.25%), Vitamin B5: 1.29mg (12.86%), Copper: 0.24mg (12.01%), Fiber: 2.65g (10.61%), Vitamin K: 8.13µg (7.74%), Vitamin E: 1.01mg (6.72%), Vitamin C: 2.77mg (3.35%), Vitamin A: 152.68IU (3.05%), Vitamin D: 0.32µg (2.12%)