



## Feta Florentine Burgers with Frizzled Prosciutto on Parmesan-Toasted Ciabatta Rolls

READY IN



38 min.

SERVINGS



6

CALORIES



1379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ciabatta rolls split
- 0.5 cup feta cheese crumbled
- 6 slices mozzarella cheese fresh (1/)
- 1 garlic clove peeled cut in 1/2 lengthwise
- 3 cups mesclun greens
- 2.5 pounds ground sirloin
- 0.8 cup mayonnaise

- 2 tablespoons oil-packed sun-dried tomatoes drained chopped
- 2 tablespoons olive oil extra-virgin (recommended: Colavita)
- 4 tablespoons olive oil extra-virgin (recommended: Colavita)
- 6 tablespoons parmesan freshly grated
- 1.5 cups pancetta thinly sliced
- 0.5 cup bell pepper red finely chopped
- 2 teaspoons salt
- 1.5 cups spinach leaves fresh thinly sliced
- 6 servings vegetable oil for brushing on the grill rack
- 1 cup mushrooms white chopped
- 0.5 cup onion white finely chopped

## Equipment

- bowl
- frying pan
- paper towels
- grill
- spatula

## Directions

- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- Combine the mayonnaise and sun-dried tomatoes in a small bowl and mix well. Cover and refrigerate until ready to use.
- Place the oil in a 12-inch fire-proof skillet and set on the grill rack. When the oil is hot, add the onion, bell pepper, and mushrooms. Cook, stirring frequently, until tender, about 5 minutes.
- Add the spinach leaves and cook until the spinach is wilted, about 3 minutes.
- Transfer to a large bowl and add the sirloin, feta cheese, and salt. With your hands or a large spoon, gently mix well, handling the meat as little as possible to prevent compacting it. Form into 6 equal-sized patties.

- Pour the oil into the same skillet and place on the grill rack. When the oil is hot, add the prosciutto. Cook until well crisped, about 5 to 8 minutes.
- Transfer to a paper towel-lined plate to drain; set aside.
- When the grill is ready, brush the grill rack with vegetable oil.
- Place the patties on the rack, cover, and cook until the bottoms are brown, about 4 minutes. With a spatula, turn over the patties and cook an additional 4 minutes, or until done to your preference (internal temperature of 160 degrees F). During the last few minutes of grilling, top each patty with a slice of mozzarella cheese until melted. Lightly brush the cut sides of the rolls with the 4 tablespoons olive oil. Rub the cut sides of the garlic over the insides of the rolls, then sprinkle and press with the Parmesan.
- Place the rolls, cut sides down, on the outer edges of the grill rack to toast lightly.
- Spread the mayonnaise mixture on the insides of the warm toasted rolls.
- Layer the bottom rolls with divided greens, the patties, and divided frizzled prosciutto. Top with the remaining rolls, serve, and enjoy!

## Nutrition Facts

**PROTEIN 17.18%**

**FAT 73.21%**

**CARBS 9.61%**

### Properties

Glycemic Index:52.33, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:36.638695986375%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

### Nutrients (% of daily need)

Calories: 1378.92kcal (68.95%), Fat: 111.67g (171.8%), Saturated Fat: 32.76g (204.77%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 31.33g (11.39%), Sugar: 2.56g (2.84%), Cholesterol: 216.22mg (72.07%), Sodium: 2159mg (93.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.97g (117.93%), Vitamin K: 120.84µg (115.09%), Vitamin B12: 5.35µg (89.24%), Selenium: 52.1µg (74.42%), Zinc: 10.79mg (71.94%), Phosphorus: 630.39mg (63.04%), Vitamin B3: 12.37mg (61.83%), Vitamin B6: 0.99mg (49.63%), Vitamin B2: 0.65mg (38.48%), Vitamin E: 5.47mg (36.49%), Vitamin A: 1657.54IU (33.15%), Calcium: 315.25mg (31.53%), Vitamin C: 24.77mg (30.03%), Iron: 5.24mg (29.09%), Potassium: 946.4mg (27.04%), Vitamin B1: 0.32mg (21.5%), Vitamin B5: 1.96mg (19.59%),

Magnesium: 67.41mg (16.85%), Copper: 0.27mg (13.46%), Folate: 53.14µg (13.28%), Manganese: 0.22mg (10.84%),  
Fiber: 1.64g (6.58%), Vitamin D: 0.7µg (4.68%)