



Feta-Stuffed Burgers with Grilled Onion on Sourdough

READY IN



30 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 4 slices crusty sourdough bread
- ☐ 4 teaspoons dijon mustard coarse-grained
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 2 ounces feta cheese cut into 4 (1/2-ounce) pieces
- ☐ 1.5 pounds ground beef lean
- ☐ 12 slices plum tomatoes
- ☐ 4 slices onion red (1/4-inch-thick)

☐ 0.8 teaspoon salt divided

Equipment

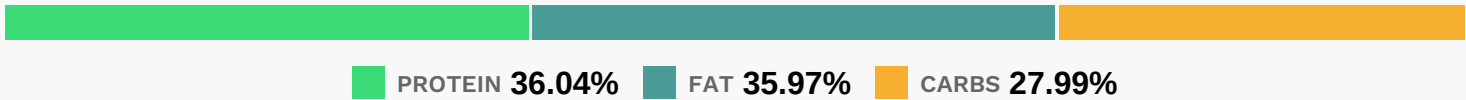
☐ frying pan

☐ grill pan

Directions

- ☐ Sprinkle beef with 3/4 teaspoon salt and 1/4 teaspoon pepper; gently mix, and shape into 8 thin patties.
- ☐ Place 1 piece feta cheese in center of each of 4 patties. Top with remaining 4 patties, pressing edges to seal.
- ☐ Brush onion slices with 2 teaspoons oil, and sprinkle with the remaining 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook on a lightly greased grill pan or in a skillet over medium-high heat 4 minutes on each side or until tender and slightly charred.
- ☐ Transfer to a plate, and keep warm.
- ☐ Add burgers to pan; cook 6 minutes on each side.
- ☐ Transfer to a plate, and keep warm.
- ☐ Brush bread slices with remaining 4 teaspoons oil.
- ☐ Add to pan, and toast about 1 minute on each side or until lightly golden.
- ☐ Spread Dijon mustard evenly on 1 side of each bread slice. Top each with 1 onion slice, 3 tomato slices, and 1 burger.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.13, Glycemic Load:26.1, Inflammation Score:-5, Nutrition Score:27.073478325554%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 516.06kcal (25.8%), Fat: 20.29g (31.22%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 33.61g (12.22%), Sugar: 3.7g (4.11%), Cholesterol: 118.08mg (39.36%), Sodium: 1151.04mg (50.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.75g (91.5%), Selenium: 51.8µg (74.01%), Vitamin B12: 4.05µg (67.5%), Zinc: 9.8mg (65.3%), Vitamin B3: 12.63mg (63.17%), Phosphorus: 462.14mg (46.21%), Vitamin B6: 0.82mg (40.92%), Vitamin B2: 0.67mg (39.69%), Iron: 6.81mg (37.86%), Vitamin B1: 0.56mg (37.54%), Folate: 95.24µg (23.81%), Manganese: 0.42mg (20.79%), Potassium: 709.08mg (20.26%), Magnesium: 64.95mg (16.24%), Vitamin B5: 1.48mg (14.79%), Calcium: 126.03mg (12.6%), Copper: 0.25mg (12.29%), Vitamin E: 1.68mg (11.21%), Fiber: 1.93g (7.71%), Vitamin K: 6µg (5.71%), Vitamin A: 89.32IU (1.79%), Vitamin C: 1.47mg (1.78%), Vitamin D: 0.23µg (1.51%)