



Feta Sun-Dried Tomato Stuffed Prosciutto Burgers

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

1052 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 basil leaves finely chopped
- ☐ 0.5 cup bread crumbs dried italian
- ☐ 2 medium eggs slightly beaten
- ☐ 6 ounces feta cheese crumbled
- ☐ 3 garlic cloves minced
- ☐ 2 pounds ground sirloin
- ☐ 2 tablespoons penzey's southwest seasoning dried italian crushed
- ☐ 0.8 cup mayonnaise

- ☐ 0.5 cup parmesan freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 tablespoon pepper sauce hot recommended: Tabasco Pepper Sauce
- ☐ 6 slices pancetta thin
- ☐ 6 large onion paper-thin red separated
- ☐ 6 romaine lettuce leaves
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sun-dried tomatoes drained chopped oil-packed
- ☐ 6 servings vegetable oil for brushing grill rack
- ☐ 12 sandwich-size focaccia bread squares

Equipment

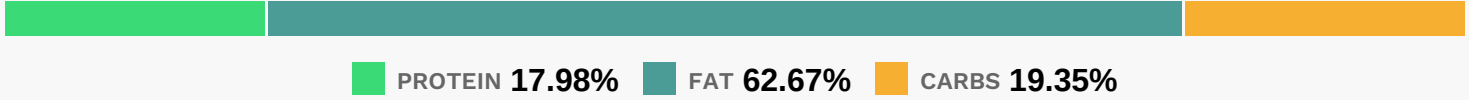
- ☐ bowl
- ☐ grill
- ☐ spatula

Directions

- ☐ In a grill with a cover, prepare a medium-hot fire for direct-heat cooking.
- ☐ In a small bowl, mix together the mayonnaise and basil. Set aside. In another small bowl, combine the feta cheese and tomatoes. Divide into 6 equal portions, forming balls. Set aside. In a large bowl, combine the ground sirloin, eggs, pepper sauce, Italian seasoning, salt, pepper, garlic, bread crumbs, and Parmesan. With hands or a large spoon, gently bring all ingredients together; do not overmix. Form meat mixture into 12 patties. On 6 of the patties, gently place the feta and tomato mixture onto patties, pressing down lightly.
- ☐ Place remaining patties on top, press, and seal edges to totally enclose filling, forming 6 total patties.
- ☐ When the fire is ready, brush the grill rack with vegetable oil.
- ☐ Place patties on grill, cover, and cook for 4 minutes, until bottom is brown. With spatula, turn over patties and cook an additional 4 minutes, or until done to your preference. During the last few minutes of grilling, place focaccia, cut side down, on outer edges of grill to lightly toast.

- ☐
- Spread generous portions of basil mayonnaise on cut sides of bread.
- ☐
- Place patties on bottom pieces of bread, then top with a slice of prosciutto, a lettuce leaf, and red onion rings. Top with remaining bread and serve.
- ☐
- Jenny Flake, Gilbert, AZ

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:21.64, Inflammation Score:-10, Nutrition Score:41.987391181614%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.97mg, Quercetin: 22.97mg, Quercetin: 22.97mg, Quercetin: 22.97mg

Nutrients (% of daily need)

Calories: 1051.75kcal (52.59%), Fat: 73.28g (112.73%), Saturated Fat: 21.59g (134.92%), Carbohydrates: 50.93g (16.98%), Net Carbohydrates: 44.99g (16.36%), Sugar: 12.07g (13.41%), Cholesterol: 205.31mg (68.44%), Sodium: 1574.46mg (68.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.29g (94.59%), Vitamin K: 120.75µg (115%), Selenium: 52.1µg (74.43%), Vitamin B12: 4.1µg (68.26%), Zinc: 9.22mg (61.47%), Phosphorus: 608.2mg (60.82%), Vitamin B3: 11.79mg (58.94%), Vitamin A: 2867.74IU (57.35%), Vitamin B2: 0.84mg (49.3%), Vitamin B6: 0.98mg (49.01%), Calcium: 469.98mg (47%), Manganese: 0.9mg (45.13%), Iron: 7.9mg (43.89%), Vitamin B1: 0.61mg (40.53%), Folate: 161.88µg (40.47%), Potassium: 1167.28mg (33.35%), Fiber: 5.94g (23.75%), Magnesium: 94.96mg (23.74%), Vitamin E: 3.37mg (22.48%), Vitamin B5: 2.17mg (21.74%), Copper: 0.42mg (21.2%), Vitamin C: 15.08mg (18.27%), Vitamin D: 0.69µg (4.58%)