



French Onion Burgers

READY IN



40 min.

SERVINGS



4

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground beef
- 6 ounces gruyère cheese shredded
- 4 hamburger buns split
- 4 servings kosher salt
- 0.5 cup chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin
- 1 large onion halved thinly sliced
- 1 teaspoon onion powder
- 2 tablespoons parmesan cheese grated

- 0.5 teaspoon sugar
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- broiler
- broiler pan

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Add the onion and cook, stirring, until it starts to brown, 3 to 4 minutes.
- Add the sugar and 1/2 teaspoon salt, reduce the heat to medium low and cook, stirring occasionally, until deep golden, 15 more minutes.
- Add the chicken broth and 1 teaspoon Worcestershire sauce and simmer until the onion is tender and the liquid is almost evaporated, 8 minutes.
- Preheat the broiler.
- Mix the beef, onion powder and the remaining 2 tablespoons Worcestershire sauce in a bowl with your hands. Form into four 3/4-inch-thick patties and place on a broiler pan. Make an indentation in the center of each with your thumb; season the patties with salt. Broil, turning once, 5 minutes.
- Place the buns cut-side up on a baking sheet.
- Sprinkle with both cheeses and broil until melted, about 1 minute.
- Spread mustard on the buns; sandwich with lettuce, the burgers and caramelized onion.
- Serve with potato chips.
- Photograph by Christopher Testani

Nutrition Facts



■ PROTEIN 23.32% ■ FAT 62.86% ■ CARBS 13.82%

Properties

Glycemic Index:39.77, Glycemic Load:14, Inflammation Score:-6, Nutrition Score:27.008695581685%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 829.94kcal (41.5%), Fat: 57.36g (88.24%), Saturated Fat: 22.87g (142.96%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 26.9g (9.78%), Sugar: 6.3g (7%), Cholesterol: 169.72mg (56.57%), Sodium: 988.91mg (43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.87g (95.75%), Vitamin B12: 4.47µg (74.5%), Selenium: 44.56µg (63.65%), Zinc: 9.32mg (62.14%), Phosphorus: 611.74mg (61.17%), Calcium: 565.15mg (56.51%), Vitamin B3: 9.54mg (47.72%), Vitamin B6: 0.66mg (33.23%), Vitamin B2: 0.54mg (31.6%), Iron: 5.51mg (30.61%), Vitamin B1: 0.36mg (23.89%), Potassium: 703.93mg (20.11%), Folate: 64.85µg (16.21%), Manganese: 0.32mg (15.98%), Magnesium: 60.71mg (15.18%), Vitamin E: 1.97mg (13.13%), Vitamin B5: 1.15mg (11.51%), Copper: 0.22mg (10.75%), Vitamin K: 10.79µg (10.27%), Vitamin A: 432.65IU (8.65%), Fiber: 1.49g (5.95%), Vitamin C: 4.56mg (5.52%), Vitamin D: 0.44µg (2.92%)