



Fried Green Tomato Burgers

READY IN



43 min.

SERVINGS



4

CALORIES



1833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bacon for frying
- 1 cup buttermilk
- 8 slices bacon cooked
- 0.3 cup cornmeal
- 0.3 cup relish
- 1 cup flour all-purpose
- 1 large tomatoes green cut into 1/ slices
- 2 pounds ground beef
- 1 hardboiled eggs crushed finely

- 4 servings hot sauce
- 1 cup catsup
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 1.5 cups mayonnaise
- 4 onion rolls split toasted
- 4 slices pepper jack cheese
- 4 servings salt
- 0.5 teaspoon penzey's southwest seasoning
- 1.5 teaspoons penzey's southwest seasoning
- 2 teaspoons penzey's southwest seasoning
- 4 servings vegetable oil for frying
- 3 tablespoons worcestershire sauce

Equipment

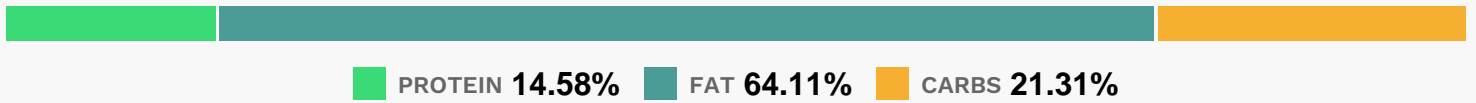
- bowl
- frying pan
- grill

Directions

- For the burgers: Preheat a grill to medium-high heat, about 350 degrees F. Spray a grill rack with nonstick, nonflammable cooking spray.
- In a medium bowl, combine the ground chuck, Worcestershire sauce and House Seasoning, stirring to mix well. Form the mixture into 4 (4-inch) patties. Grill the burgers, covered with the grill lid, to desired degree of doneness, 5 to 6 minutes per side.
- For the tomatoes: In a medium nonstick skillet, pour the oil to a depth of 1/4-inch, and the bacon renderings and melt over medium heat.
- Sprinkle the tomatoes with salt. Soak in the buttermilk. In a small bowl, combine the cornmeal, flour and House Seasoning. Dip both sides of each tomato slice in the flour mixture.
- Add the tomatoes to the hot oil and cook until golden brown, 3 to 4 minutes per side.

- Place 1 cheese slice over each patty.
- Place 2 slices bacon on the bottom halves of each onion roll, top with the hamburger, a fried green tomato slice and the desired amount of Spicy Thousand Island Dressing. Cover with the onion roll tops.
- Serve immediately.
- In a medium bowl, mix the mayonnaise, ketchup, relish, House Seasoning, hot sauce, to taste, the egg, lemon zest and lemon juice. Store in an airtight container and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:66.63, Glycemic Load:22.83, Inflammation Score:-8, Nutrition Score:48.994348069896%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 1832.68kcal (91.63%), Fat: 130.46g (200.71%), Saturated Fat: 35.49g (221.83%), Carbohydrates: 97.57g (32.52%), Net Carbohydrates: 91.02g (33.1%), Sugar: 23.48g (26.09%), Cholesterol: 284.55mg (94.85%), Sodium: 2618.55mg (113.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.78g (133.56%), Vitamin K: 184.18µg (175.41%), Vitamin B12: 5.72µg (95.36%), Selenium: 65.41µg (93.45%), Vitamin B3: 16.99mg (84.97%), Zinc: 11.95mg (79.65%), Phosphorus: 710.73mg (71.07%), Iron: 12.38mg (68.76%), Vitamin B2: 1.15mg (67.44%), Vitamin B6: 1.14mg (57.03%), Vitamin B1: 0.78mg (51.68%), Calcium: 463.59mg (46.36%), Folate: 184.09µg (46.02%), Vitamin E: 6.23mg (41.54%), Potassium: 1331.92mg (38.05%), Manganese: 0.67mg (33.55%), Magnesium: 105.4mg (26.35%), Fiber: 6.55g (26.19%), Vitamin B5: 2.42mg (24.17%), Vitamin A: 1106.21IU (22.12%), Copper: 0.43mg (21.31%), Vitamin C: 17.2mg (20.85%), Vitamin D: 1.64µg (10.95%)