



## Gourmet Pub Burgers

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup bread crumbs
- 2 tablespoons dijon mustard
- 1 eggs
- 1 teaspoon garlic minced
- 1.3 pounds ground beef
- 1 pinch ground pepper black
- 6 hamburger buns split
- 1 pinch kosher salt

- 6 slices pancetta
- 1 shallots minced

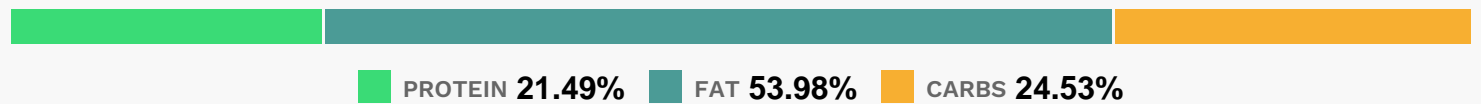
## Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

## Directions

- Mix ground beef, bread crumbs, shallot, Dijon mustard, egg, garlic, salt, and black pepper together in a large bowl. Refrigerate mixture to incorporate flavors, 20 minutes to 2 hours.
- Form ground beef mixture into 6 patties.
- Heat a skillet over medium heat; lay pancetta slices in a single layer in the hot skillet. Cook until pancetta begins to sweat, 3 to 5 minutes.
- Remove pancetta from skillet and keep warm.
- Preheat grill for medium heat and lightly oil the grate.
- Cook patties on the preheated grill until burgers are cooked to your desired degree of doneness, about 4 minutes per side for medium-well burgers. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- Place 1 burger into each of the buns; top burger with a pancetta slice.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:13.11, Inflammation Score:-3, Nutrition Score:16.619565258855%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 487.25kcal (24.36%), Fat: 28.75g (44.23%), Saturated Fat: 10.31g (64.43%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 27.85g (10.13%), Sugar: 4.12g (4.58%), Cholesterol: 108.09mg (36.03%), Sodium: 510.98mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.5%), Selenium: 35.97µg (51.39%), Vitamin B12: 2.41µg (40.16%), Vitamin B3: 7.26mg (36.32%), Zinc: 4.97mg (33.15%), Vitamin B1: 0.42mg (27.89%), Phosphorus: 260.91mg (26.09%), Iron: 4.19mg (23.28%), Vitamin B6: 0.44mg (21.87%), Vitamin B2: 0.36mg (21.34%), Manganese: 0.38mg (18.88%), Folate: 62.34µg (15.58%), Potassium: 403.74mg (11.54%), Calcium: 107.01mg (10.7%), Magnesium: 36.88mg (9.22%), Vitamin B5: 0.78mg (7.76%), Copper: 0.15mg (7.58%), Fiber: 1.54g (6.17%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.64µg (4.42%), Vitamin D: 0.3µg (2.02%), Vitamin C: 1.07mg (1.29%)