



Grilled Beef and Mushroom Burger

 Popular

READY IN



30 min.

SERVINGS



3

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef
- ☐ 1 ounce mushrooms dried (porcini, morels or other mushrooms)
- ☐ 2 teaspoons worcestershire sauce
- ☐ 0.5 teaspoon kosher salt (add more if you like burgers a little saltier)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 pound mushroom caps fresh sliced (can substitute button or cremini)
- ☐ 2 cups onion sliced thin
- ☐ 2 tablespoons olive oil extra virgin

- ☐ 3 servings salt
- ☐ 4 slices swiss cheese
- ☐ 3 servings burger buns

Equipment

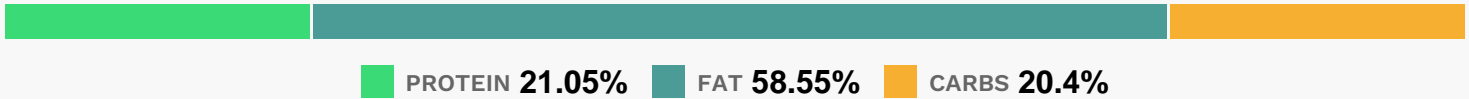
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Process the dried mushrooms in a food processor, or a clean coffee grinder (grind some raw rice to clean out coffee grinds), until ground into a powder.
- ☐ Remove any large mushroom pieces that didn't grind down, a few small pieces will be fine.
- ☐ Make the burger mixture: In a large bowl, use your clean hands to gently mix together the meat, salt, mushroom powder, black pepper and Worcestershire sauce.
- ☐ Mix just until everything is mostly combined, a minute or two. Do not overwork the meat mixture or it will become tough and meatloaf-like.
- ☐ Form into patties: Shape the meat into 3-4 patties, using about a quarter to a third of a pound per patty, creating a slight indentation at the centers of the patties (this will help keep the patties fairly flat when they cook, as the sides tend to contract more than the center).
- ☐ Sauté the mushrooms, then the onions: Prepare your grill for high, direct heat. While the grill is heating up, heat a large sauté pan over high heat for 1 minute.
- ☐ Add the mushrooms and dry-sauté them until they release their water, about 2-3 minutes.
- ☐ Add the onions and the olive oil, toss to combine and continue to sauté over high heat 1 minute.
- ☐ Add salt to taste and cook until the onions soften and begin to brown. Turn off the heat and place in a bowl.
- ☐ Grill the burgers on high, direct heat to the desired doneness, between 5-8 minutes per side, depending on the thickness of the burgers and how hot your grill is.

- ☐
- Add the cheese: When the burgers are almost done, lay the Swiss cheese over them and allow the cheese to melt.
- ☐
- Grill the buns: Paint the burger buns with a little olive oil and toast them on the griddle or grill grates.
- ☐
- Assemble the burgers: To assemble, put a burger on the bun and top with the sautéed onions and mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:70.67, Glycemic Load:16.31, Inflammation Score:-7, Nutrition Score:29.237826502841%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg

Nutrients (% of daily need)

Calories: 749.96kcal (37.5%), Fat: 48.8g (75.08%), Saturated Fat: 17.43g (108.94%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 33.6g (12.22%), Sugar: 10.04g (11.16%), Cholesterol: 128.43mg (42.81%), Sodium: 1000.82mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.48g (78.95%), Selenium: 46.96µg (67.08%), Vitamin B12: 4.01µg (66.83%), Vitamin B3: 11.63mg (58.15%), Zinc: 8.65mg (57.64%), Phosphorus: 539.09mg (53.91%), Vitamin B6: 0.89mg (44.58%), Vitamin B2: 0.66mg (38.64%), Calcium: 323.41mg (32.34%), Manganese: 0.61mg (30.7%), Iron: 5.32mg (29.56%), Potassium: 929.03mg (26.54%), Vitamin B1: 0.37mg (24.81%), Vitamin B5: 2.27mg (22.68%), Folate: 85.12µg (21.28%), Fiber: 4.66g (18.62%), Magnesium: 70.82mg (17.7%), Copper: 0.34mg (17.08%), Vitamin E: 2.24mg (14.97%), Vitamin K: 11.73µg (11.18%), Vitamin C: 9.17mg (11.12%), Vitamin A: 195.68IU (3.91%), Vitamin D: 0.47µg (3.15%)