



## Grilled Blue Cheese Burgers

READY IN



25 min.

SERVINGS



8

CALORIES



1562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb ground beef 85% lean (at least )
- 2 cups the salad loosely packed
- 4 oz cheese crumbles blue
- 8 bread french ()
- 0.3 cup butter
- 2 cloves garlic finely chopped
- 2 tablespoons steak seasoning
- 2 teaspoons worcestershire sauce

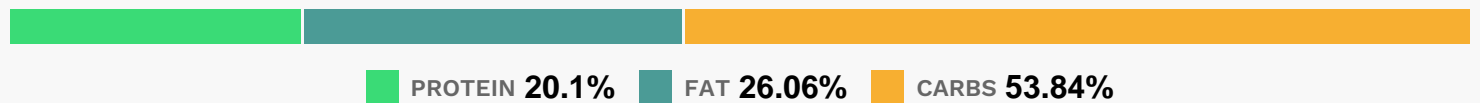
## Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

## Directions

- In 8-inch skillet, cook garlic in butter over low heat 2 to 3 minutes, stirring occasionally, until garlic is tender. Stir in Worcestershire sauce.
- Remove from heat.
- Heat gas or charcoal grill. In large bowl, mix beef and grill seasoning. Shape mixture into 8 oval patties, 1/2 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning once, until meat thermometer inserted in center of patties reads 160F.
- Remove from grill to platter; top with cheese.
- Place bread on grill. Cover; cook 2 to 4 minutes, turning once, until lightly toasted.
- Spread one side of each toasted bread slice with butter mixture. Top bread slices with salad greens and burgers.

## Nutrition Facts



## Properties

Glycemic Index:17.19, Glycemic Load:160.19, Inflammation Score:-9, Nutrition Score:52.995217680931%

## 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: 1561.69kcal (78.08%), Fat: 45.06g (69.32%), Saturated Fat: 15.96g (99.77%), Carbohydrates: 209.51g (69.84%), Net Carbohydrates: 200.58g (72.94%), Sugar: 18.74g (20.82%), Cholesterol: 126.3mg (42.1%), Sodium:

2772.67mg (120.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.19g (156.37%), Selenium: 143.56µg (205.08%), Vitamin B1: 2.92mg (194.96%), Vitamin B3: 27.43mg (137.17%), Folate: 512.6µg (128.15%), Vitamin B2: 2.03mg (119.59%), Manganese: 2.21mg (110.5%), Iron: 19.75mg (109.71%), Zinc: 12.22mg (81.48%), Phosphorus: 775.01mg (77.5%), Vitamin B12: 3.87µg (64.52%), Vitamin B6: 1.07mg (53.56%), Magnesium: 165.81mg (41.45%), Copper: 0.75mg (37.32%), Fiber: 8.93g (35.72%), Calcium: 324.71mg (32.47%), Potassium: 1048.1mg (29.95%), Vitamin B5: 2.54mg (25.37%), Vitamin K: 13.43µg (12.79%), Vitamin E: 1.74mg (11.6%), Vitamin A: 503.07IU (10.06%), Vitamin C: 2.88mg (3.49%), Vitamin D: 0.24µg (1.61%)