



Grilled Bologna Burger

READY IN



1030 min.

SERVINGS



4

CALORIES



1126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound un bologna such as boar's head brand
- ☐ 2 cups canola oil
- ☐ 1 cup small-diced carrots
- ☐ 1 cup tiny cauliflower florets
- ☐ 1 stalk celery diced
- ☐ 12 large eggs
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and freshly cracked pepper black

- ☐ 4 servings dusseldorf mustard
- ☐ 1 tablespoons olive oil
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 4 slices pepper jack cheese
- ☐ 1 small bell pepper red
- ☐ 4 to 8 serrano peppers sliced depending on heat level desired
- ☐ 4 kaiser buns soft
- ☐ 0.3 cup salt
- ☐ 1 tablespoon butter unsalted
- ☐ 1 onion diced yellow

Equipment

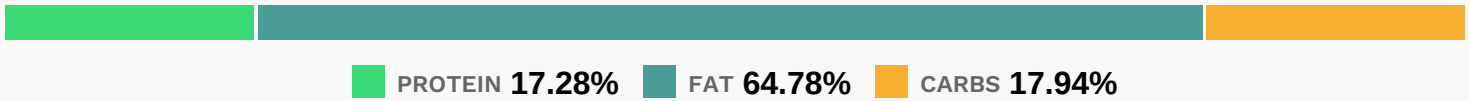
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ grill pan
- ☐ canning jar

Directions

- ☐ Heat a large oven proof 10-inch nonstick pan, with oil in it, to medium heat.
- ☐ Add the onions and season with salt and pepper. Cook until the onions are soft and lightly caramelized, about 10 minutes. Once they are caramelized, pour them into a bowl and set aside.
- ☐ For the giardiniera frittata: Set the oven to broil.

- ☐ Whisk the eggs in a bowl. Wipe the skillet you cooked the onions in and place back over medium-low heat, then add the butter and olive oil.
- ☐ Add the eggs and slowly cook until the bottom is set but the top is still wet, 4 to 6 minutes.
- ☐ Sprinkle the Hot Giardiniera evenly over the eggs and season with salt and pepper.
- ☐ Place the skillet in the broiler on the middle rack and broil until the top is spotty brown and puffy, about 5 minutes.
- ☐ Let the frittata cool slightly and, using a 3- to 4-inch ring mold, cut out circles that will match the size of your bread.
- ☐ Heat a grill pan to medium-high heat. Grill each side of bologna until grill marks form, 3 to 4 minutes a side. Once you flip to the second side, top each slice with a piece of cheese and cover with a metal bowl until melted.
- ☐ Layer the bottom bun with a dollop of the Dusseldorf mustard, bologna with cheese, onions and the frittata. Schmear the top bun with another dollop of Dusseldorf mustard. Close the sandwich, recite the Pledge of Allegiance and eat whole.
- ☐ Combine 2 cups water and the salt in a glass or non-reactive bowl.
- ☐ Mix until the salt is dissolved.
- ☐ Add the carrots, cauliflower, serranos, garlic, celery and bell pepper to the salt water and stir to combine. Cover and refrigerate overnight.
- ☐ Day 2, drain and rinse the vegetables. In a clean bowl, mix together the oil with the oregano and pepper.
- ☐ Add the vegetables and mix to combine. Allow to marinate overnight. Giardiniera will only get better with time. After 2 days at the most in the bowl, you can place in air-tight mason jars and keep in the fridge for at least 2 to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:92.21, Glycemic Load:25.3, Inflammation Score:-10, Nutrition Score:41.789565376613%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 1125.95kcal (56.3%), Fat: 80.96g (124.56%), Saturated Fat: 23.43g (146.44%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 45.9g (16.69%), Sugar: 14.45g (16.05%), Cholesterol: 652.25mg (217.42%), Sodium: 9083.38mg (394.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.59g (97.18%), Vitamin A: 7207.35IU (144.15%), Selenium: 79.43µg (113.47%), Iron: 15.89mg (88.25%), Phosphorus: 625.64mg (62.56%), Vitamin B2: 1.06mg (62.21%), Vitamin B12: 3.58µg (59.65%), Vitamin C: 44.08mg (53.43%), Vitamin E: 7.13mg (47.51%), Vitamin B6: 0.86mg (42.95%), Calcium: 404.1mg (40.41%), Vitamin K: 41.27µg (39.31%), Zinc: 5.55mg (36.98%), Vitamin B5: 3.24mg (32.4%), Folate: 123.63µg (30.91%), Vitamin D: 4.09µg (27.24%), Potassium: 916.82mg (26.19%), Vitamin B1: 0.39mg (25.73%), Vitamin B3: 3.87mg (19.35%), Manganese: 0.39mg (19.3%), Fiber: 4.54g (18.16%), Magnesium: 64.76mg (16.19%), Copper: 0.25mg (12.43%)