



Grilled Burgers with Meyer Lemon Butter

READY IN



45 min.

SERVINGS



4

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula
- ☐ 6 tablespoons butter room temperature ()
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 1.5 pounds ground beef 15% (fat)
- ☐ 1 teaspoon meyer lemon juice fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 tablespoon parsley fresh italian finely chopped
- ☐ 4 hotdog buns

- ☐ 1 large tomatoes thinly sliced
- ☐ 4 servings vegetable oil (for brushing)

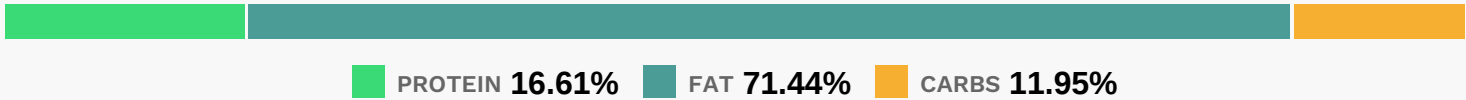
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Mix butter, all herbs, lemon peel, andlemon juice in small bowl. Season with saltand pepper. Measure 1/3 cup herb butter;transfer to sheet of plastic wrap (reserveremaining butter in bowl for spreadingon buns). Using plastic wrap as aid, formbutter into 3-inch-long log; wrap plasticaround to seal. Freeze until firm, about30 minutes.
- ☐ Cut crosswise into 4 rounds.Flatten rounds into 2-inch-diameter disks.
- ☐ Divide meat into 4 equal pieces. Usingdamp hands, form each piece into ball.Using thumb, make deep wide indentationin center of each ball. Press 1 lemon-butterround flatly into indentation, then pressmeat securely over butter to enclose.Flatten each burger into 3 1/2-inch-diameterpatty, leaving butter rounds horizontally incenter of each burger. DO AHEAD: Herb butterand burgers can be made 6 hours ahead.
- ☐ Place burgers on baking sheet, cover withplastic wrap, and chill. Cover and chill herb butter in bowl; bring to room temperaturebefore continuing.
- ☐ Brush barbecue rack with oil. Preparebarbecue (high heat).
- ☐ Sprinkle both sidesof burgers with salt and pepper.
- ☐ Spreadremaining butter over cut sides of buns.Grill burgers until cooked through, 4 to 6minutes per side. Grill buns until slightlycharred, about 1 minute per side.
- ☐ Place burgers on bun bottoms. Top withtomato slices and arugula leaves. Coverwith bun tops and serve.

Nutrition Facts



Properties

Glycemic Index:94.88, Glycemic Load:13.94, Inflammation Score:-8, Nutrition Score:28.481304764748%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 846.47kcal (42.32%), Fat: 67.13g (103.28%), Saturated Fat: 26.41g (165.07%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 23.29g (8.47%), Sugar: 4.95g (5.51%), Cholesterol: 165.92mg (55.31%), Sodium: 470.55mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Vitamin K: 85.18µg (81.12%), Vitamin B12: 3.76µg (62.68%), Selenium: 37.46µg (53.51%), Zinc: 7.73mg (51.56%), Vitamin B3: 9.51mg (47.54%), Vitamin A: 1759.06IU (35.18%), Phosphorus: 348.96mg (34.9%), Vitamin B6: 0.68mg (33.96%), Iron: 5.95mg (33.06%), Manganese: 0.54mg (27.09%), Vitamin B2: 0.44mg (26.08%), Folate: 93.75µg (23.44%), Vitamin B1: 0.34mg (22.7%), Potassium: 791.08mg (22.6%), Vitamin E: 2.83mg (18.85%), Vitamin C: 14.46mg (17.52%), Calcium: 169.2mg (16.92%), Magnesium: 64.46mg (16.12%), Copper: 0.21mg (10.72%), Vitamin B5: 1.05mg (10.5%), Fiber: 1.97g (7.89%), Vitamin D: 0.17µg (1.13%)