



 **25%**
HEALTH SCORE

Grilled Chuck Burgers with Extra Sharp Cheddar and Lemon Garlic Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings arugula for topping
- 8.5 inch sharp cheddar cheese good extra-sharp
- 1 garlic clove minced
- 1 pound ground beef for 4 burger patties (enough)
- 1 teaspoon juice of lemon fresh
- 0.3 cup mayonnaise
- 2 tablespoons olive oil
- 0.1 cup parsley chopped

- 4 servings bell pepper
- 4 servings bell pepper
- 1 onion red cut into ¼ -inch circular slices
- 4 servings salt
- 4 portugese rolls
- 2 teaspoons worcestershire sauce

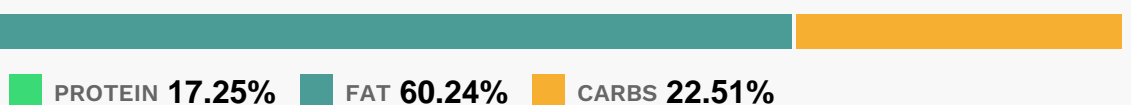
Equipment

- bowl
- paper towels
- grill

Directions

- To prep the burgers: In a medium bowl, toss in the ground meat, 1/2 teaspoon salt, 1/2 teaspoon pepper, and Worcestershire sauce.
- Brush olive oil on both sides of all the slices and then sprinkle with some salt and pepper.For the lemon garlic aioli: In a small bowl, mix all the ingredients together.
- Place back in refrigerator until burgers are cooked.To cook: Preheat grill to around 350.If using cast iron grates, use a paper towel or cloth to wipe all grates with canola oil.
- Place burger patties on grill.Close lid and prep the buns by brushing canola oil on insides.After a few minutes, check the patties. If the bottom half looks just about cooked, roughly 3 minutes, flip over, and place cheese on top.
- Place a handful of arugula leaves on the bottom slice of the bun.
- Place burger with cheese slice on top.
- Add the grilled red onions.Slather the aioli liberally on the top half of the bun.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:25.83, Inflammation Score:-10, Nutrition Score:35.660434782609%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Taste

Sweetness: 68.25%, Saltiness: 100%, Sourness: 20.51%, Bitterness: 27.08%, Savoriness: 55.48%, Fattiness: 88.74%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 822.36kcal (41.12%), Fat: 55.2g (84.92%), Saturated Fat: 18.35g (114.7%), Carbohydrates: 46.43g (15.48%), Net Carbohydrates: 41.52g (15.1%), Sugar: 12.51g (13.9%), Cholesterol: 122.52mg (40.84%), Sodium: 937.53mg (40.76%), Protein: 35.56g (71.12%), Vitamin C: 197.86mg (239.83%), Vitamin A: 5434.58IU (108.69%), Iron: 14.11mg (78.4%), Vitamin K: 79.05µg (75.28%), Vitamin B12: 2.83µg (47.11%), Zinc: 6.59mg (43.92%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 403.61mg (40.36%), Selenium: 28µg (40%), Calcium: 323.5mg (32.35%), Vitamin B3: 6.39mg (31.93%), Vitamin E: 4.62mg (30.83%), Vitamin B2: 0.48mg (28.19%), Folate: 103.05µg (25.76%), Potassium: 767.02mg (21.91%), Fiber: 4.9g (19.61%), Magnesium: 56.1mg (14.02%), Manganese: 0.27mg (13.33%), Vitamin B5: 1.31mg (13.06%), Vitamin B1: 0.16mg (10.91%), Copper: 0.14mg (6.94%), Vitamin D: 0.36µg (2.39%)