



 **23%**
HEALTH SCORE

Grilled Italian Hamburgers

READY IN



105 min.

SERVINGS



12

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons aniseed
- 6 crusty baguette split halved
- 1 pound sausage sweet italian
- 0.3 cup butter melted
- 1 teaspoon garlic minced
- 1 teaspoon pepper black
- 2 teaspoons seasoning italian
- 3 pounds ground beef lean
- 1 tablespoon olive oil light

- 1 tablespoon onion minced
- 1 teaspoon salt

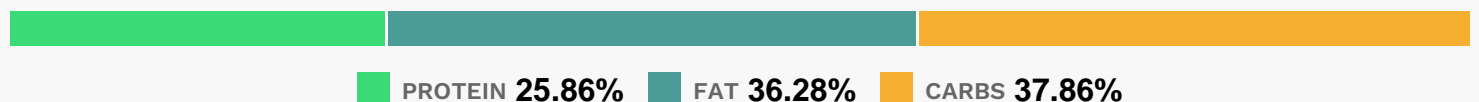
Equipment

- bowl
- oven
- grill
- kitchen thermometer
- aluminum foil

Directions

- Mix the ground beef, sausage, onion, garlic, Italian seasoning, olive oil, salt, pepper, and anise seed together in a bowl until thoroughly combined. Chill in refrigerator at least 1 hour.
- Mix again after refrigerating. Divide the mixture into 12 portions and form into oblong burgers with rounded edges, approximately 4 inches wide and 12 inches long. They should be somewhat thin.
- Preheat an outdoor grill for medium heat, and lightly oil the grate. Also, preheat an oven to 250 degrees F (120 degrees C). Lightly brush the butter over the cut sides of the baguettes.
- Cook on the preheated grill until the burgers are cooked through, 7 to 8 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). About 5 minutes before the meat is finished, lay the open baguette halves on the grill and brown each side until toasted.
- Place each burger into the baguette, close the baguette, and then wrap snugly with aluminum foil.
- Bake the wrapped sandwiches in the preheated oven for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:41.4, Inflammation Score:-6, Nutrition Score:27.677826668905%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 657.24kcal (32.86%), Fat: 26g (40%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 61.04g (20.35%), Net Carbohydrates: 58.16g (21.15%), Sugar: 5.92g (6.58%), Cholesterol: 109.2mg (36.4%), Sodium: 1348.12mg (58.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.7g (83.4%), Selenium: 50.73µg (72.48%), Vitamin B1: 0.99mg (66.11%), Vitamin B3: 13.17mg (65.83%), Zinc: 7.47mg (49.83%), Vitamin B12: 2.89µg (48.2%), Iron: 7.73mg (42.97%), Phosphorus: 400.94mg (40.09%), Vitamin B2: 0.65mg (38.38%), Folate: 143.6µg (35.9%), Vitamin B6: 0.7mg (34.91%), Manganese: 0.66mg (33.23%), Potassium: 657.61mg (18.79%), Magnesium: 64.74mg (16.18%), Calcium: 158.39mg (15.84%), Vitamin B5: 1.41mg (14.09%), Copper: 0.28mg (13.87%), Fiber: 2.88g (11.51%), Vitamin K: 7.48µg (7.12%), Vitamin E: 1.02mg (6.8%), Vitamin A: 125.84IU (2.52%), Vitamin C: 0.97mg (1.18%)