



Grilled Onion-Topped Caesar Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup caesar dressing
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 small onion sweet cut into 1/4- to 1/2-inch slices
- ☐ 1.5 cups the of 1 cos lettuce shredded
- ☐ 2 tablespoons parmesan shredded
- ☐ 4 hawaiian rolls split

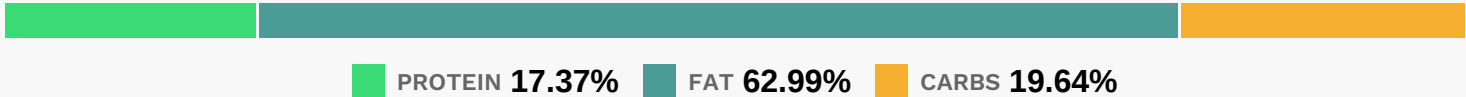
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix beef, parsley, 2 tablespoons of the dressing and the peppered seasoned salt. Shape mixture into 4 patties, about 1/2 inch thick.
- ☐ Place patties on grill over medium heat. Cover grill; cook 12 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- ☐ Add onion slices to grill for last 8 to 10 minutes of cooking, brushing with 2 tablespoons of the dressing and turning once, until crisp-tender.
- ☐ In small bowl, toss lettuce, remaining 1/4 cup dressing and the cheese.
- ☐ Layer lettuce mixture, burger and onion in each bun.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:12.92, Inflammation Score:-9, Nutrition Score:22.769130478735%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg

Nutrients (% of daily need)

Calories: 607.21kcal (30.36%), Fat: 42.12g (64.8%), Saturated Fat: 12.06g (75.41%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 27.45g (9.98%), Sugar: 8.36g (9.29%), Cholesterol: 93.67mg (31.22%), Sodium: 983.72mg (42.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin K: 86.11µg (82.01%), Selenium: 30.23µg (43.18%), Vitamin B12: 2.55µg (42.53%), Zinc: 5.33mg (35.5%), Vitamin A: 1734.39IU (34.69%),

Vitamin B3: 6.8mg (34%), Phosphorus: 274.32mg (27.43%), Vitamin B6: 0.53mg (26.27%), Iron: 4.53mg (25.14%), Folate: 95.16µg (23.79%), Vitamin B1: 0.33mg (22.3%), Vitamin B2: 0.34mg (19.83%), Manganese: 0.35mg (17.75%), Calcium: 151.34mg (15.13%), Potassium: 522.6mg (14.93%), Vitamin E: 2.03mg (13.56%), Magnesium: 41.78mg (10.44%), Vitamin C: 7.98mg (9.68%), Copper: 0.18mg (8.89%), Fiber: 2.1g (8.41%), Vitamin B5: 0.72mg (7.19%), Vitamin D: 0.16µg (1.04%)