



Guberburgers

READY IN



25 min.

SERVINGS



6

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons creamy peanut butter
- 2 pounds ground beef sirloin
- 6 hamburger buns split soft
- 6 servings kosher salt and pepper freshly ground
- 6 servings lettuce sliced for topping
- 3 tablespoons butter unsalted

Equipment

- frying pan

sauce pan

spatula

Directions

Warm the peanut butter in a saucepan over medium–low heat, stirring, until loose, about 2 minutes. Reduce the heat to low; keep warm.

Divide the meat into 6 loose balls, then gently flatten into thin patties.

Heat a large cast–iron skillet over high heat.

Add the patties to the hot skillet, smash them flat with a spatula and season with salt and pepper. Cook, flipping once, until the burgers are well done, 4 to 5 minutes per side.

Meanwhile, melt the butter in another skillet over high heat.

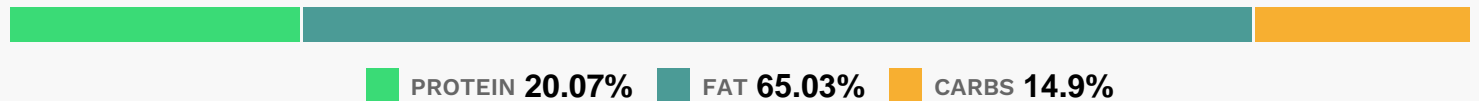
Place the buns cut–side down in the hot skillet, press them down slightly with another skillet and toast until golden, about 2 minutes.

Put the burgers on the bottom buns and spread each with 1 heaping tablespoon warm peanut butter. Top with lettuce and tomato.

Spread mayonnaise on the cut side of each top bun, then put on top of the burgers.

Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:13.28, Inflammation Score:-4, Nutrition Score:20.869130380776%

Nutrients (% of daily need)

Calories: 676.92kcal (33.85%), Fat: 48.77g (75.03%), Saturated Fat: 17.64g (110.27%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 23.6g (8.58%), Sugar: 4.84g (5.37%), Cholesterol: 124.08mg (41.36%), Sodium: 602.32mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.72%), Vitamin B12: 3.34µg (55.64%), Vitamin B3: 10.32mg (51.6%), Selenium: 35.19µg (50.28%), Zinc: 7.05mg (47.02%), Phosphorus: 339.08mg (33.91%), Vitamin B6: 0.59mg (29.35%), Iron: 4.7mg (26.09%), Manganese: 0.49mg (24.43%), Vitamin B2: 0.39mg (22.66%), Vitamin B1: 0.32mg (21.42%), Vitamin E: 2.49mg (16.58%), Folate: 65.17µg (16.29%), Potassium: 553.45mg (15.81%), Magnesium: 62.82mg (15.7%), Vitamin K: 11.84µg (11.28%), Copper: 0.21mg (10.42%), Calcium: 99.1mg (9.91%), Vitamin B5: 0.94mg (9.43%), Fiber: 1.54g (6.17%), Vitamin A: 177.96IU (3.56%), Vitamin D:

0.26µg (1.76%)