



Guido Burger

READY IN



15 min.

SERVINGS



1

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 to 8 crinkle-cut kosher dill pickle chips such as country fair
- 6 ounce ground chuck hamburger patty ()
- 1 hawaiian rolls such as a king's hawaiian sandwich bun if you want to spoil yourself!!!! seeded
- 1 tablespoon catsup
- 2 ounces grilled onions yellow
- 3 ounces pastrami such as kruse navel thinly sliced
- 1 serving seasoning salt
- 1 tablespoon spicy brown mustard
- 1 slice swiss cheese

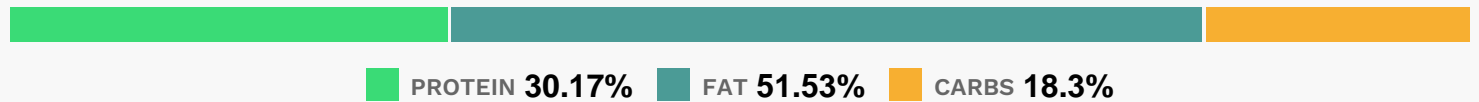
Equipment

- frying pan

Directions

- Heat a flat griddle to medium-high.
- Put the bun on the griddle to toast it. Then place the hamburger patty on the griddle and sprinkle with seasoning salt. When the bun is toasted, remove it from the griddle and set it in your prep area.
- Put the ketchup on the bottom part of the bun, then the pickles. Make sure to spread them out so that every flavor is in every bite.
- Place the pastrami on the griddle and sear away. Flip the hamburger patty, sprinkle with seasoning salt and cook to desired doneness.
- Place the Swiss cheese on top and melt.
- Add the pastrami on top of the cheese. Top the pastrami with the grilled onions.
- Now all you have left is the top part of the bun and the brown mustard. Squirt or spread the brown mustard on the bun top and place it on the grilled onions.
- Transfer the hamburger patty and toppings to the bottom part of the bun. Enjoy.

Nutrition Facts



Properties

Glycemic Index:218, Glycemic Load:15.08, Inflammation Score:-7, Nutrition Score:33.258695700894%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg

Nutrients (% of daily need)

Calories: 751.64kcal (37.58%), Fat: 42.72g (65.72%), Saturated Fat: 16.6g (103.78%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 31.29g (11.38%), Sugar: 9.48g (10.53%), Cholesterol: 176.55mg (58.85%), Sodium: 2053.29mg (89.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.29g (112.57%), Vitamin B12: 5.74µg (95.61%), Selenium: 56.66µg (80.95%), Zinc: 12.05mg (80.36%), Vitamin B3: 13.72mg (68.58%), Phosphorus: 580.6mg (58.06%), Vitamin C: 35.74mg (43.32%), Vitamin B6: 0.86mg (42.89%), Iron: 7.67mg (42.61%), Vitamin B2: 0.65mg (38.21%), Vitamin B1: 0.47mg (31.01%), Calcium: 299.03mg (29.9%), Potassium: 912.21mg (26.06%), Manganese: 0.44mg (21.87%), Magnesium: 77.49mg (19.37%), Folate: 76.34µg (19.09%), Copper: 0.28mg (14.14%), Vitamin B5: 1.32mg (13.25%), Vitamin K: 13.32µg (12.69%), Fiber: 2.85g (11.39%), Vitamin E: 1.25mg (8.32%), Vitamin A: 307.12IU (6.14%), Vitamin D: 0.17µg (1.13%)