



Hamburger with Double Cheddar Cheese, Grilled Vidalia Onion and Horseradish Mustard

READY IN



33 min.

SERVINGS



8

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices cheddar yellow sliced
- ☐ 2 pounds chuck freshly ground
- ☐ 0.5 cup dijon mustard
- ☐ 8 servings dill pickles sliced
- ☐ 8 hamburger buns
- ☐ 2 tablespoons horseradish prepared drained
- ☐ 8 servings catsup
- ☐ 2 tablespoons olive oil

- ☐ 8 leaves romaine lettuce
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 slices vidalia onions sliced
- ☐ 8 slices cheddar white sliced

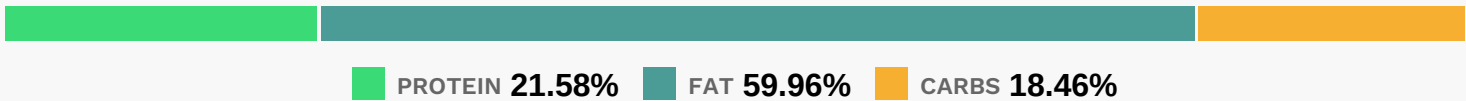
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill or a cast iron skillet to high.
- ☐ Divide the beef into 8 (4-ounce) burgers. Season on both sides with salt and pepper, to taste. Grill or cook in the skillet for 3 to 4 minutes on each side for medium-rare doneness. During last minutes of cooking add 2 slices of cheese to each burger, cover grill and let melt, approximately 1 minute.
- ☐ Place burger on bun and top with Horseradish Mustard, lettuce, Grilled Vidalia Onions, pickles and ketchup.
- ☐ Whisk mustard and horseradish together in a small bowl.
- ☐ Brush olive oil on both sides of the onions and season with salt and pepper. Grill the onion slices for 3 to 4 minutes on each side until golden brown.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:13.34, Inflammation Score:-9, Nutrition Score:27.890000177466%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 662.92kcal (33.15%), Fat: 44.1g (67.84%), Saturated Fat: 18.29g (114.34%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 27.64g (10.05%), Sugar: 8.34g (9.26%), Cholesterol: 125.51mg (41.84%), Sodium: 1433.49mg (62.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.43%), Selenium: 47.08µg (67.25%), Vitamin A: 3097.74IU (61.95%), Vitamin B12: 2.99µg (49.83%), Phosphorus: 470.47mg (47.05%), Zinc: 7mg (46.69%), Calcium: 460.15mg (46.02%), Vitamin K: 47.82µg (45.54%), Vitamin B3: 7.09mg (35.47%), Vitamin B2: 0.59mg (34.51%), Folate: 106.49µg (26.62%), Vitamin B6: 0.51mg (25.46%), Vitamin B1: 0.38mg (25.26%), Iron: 4.52mg (25.12%), Manganese: 0.43mg (21.37%), Potassium: 615.49mg (17.59%), Magnesium: 60.71mg (15.18%), Vitamin E: 1.81mg (12.08%), Fiber: 2.91g (11.63%), Copper: 0.19mg (9.55%), Vitamin B5: 0.89mg (8.89%), Vitamin C: 4.82mg (5.85%), Vitamin D: 0.38µg (2.56%)