



Hamburgers

READY IN



25 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices beefsteak tomatoes
- 4 servings pepper black freshly ground
- 4 slices cheese blue such as cheddar, american, saga cheese, and swiss, optional
- 2 teaspoons garlic powder
- 4 servings lettuces and greens such as iceberg, romaine, or watercress assorted
- 24 ounces ground beef
- 4 servings hot sauce to taste
- 4 servings catsup
- 1 teaspoon kosher salt

- 4 servings mayonnaise
- 2 teaspoons onion powder
- 4 buns split hamburger-style soft
- 1 tablespoon vegetable oil
- 1 tablespoon worcestershire sauce
- 4 servings mustards such as whole-grained, dijon, or french's, optional assorted
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Equipment

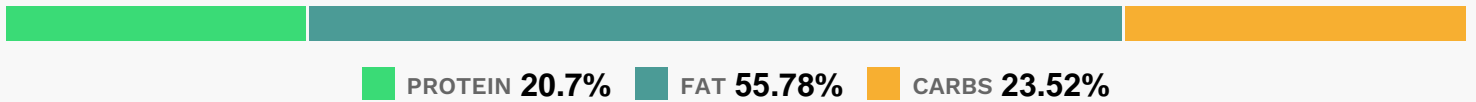
- frying pan
- baking sheet
- oven
- grill
- aluminum foil
- spatula

Directions

- Preheat the oven to 450 degrees F.
- Place a roasting rack on a foil-lined baking sheet in the oven.
- Using your hands, break the meat into small pieces and combine evenly but loosely on a parchment or waxed paper-lined baking sheet.
- Spread the meat out and season it generously with salt and pepper. If desired, add the spice mix at this time.
- Divide the meat into 4 portions (about 6 ounces each). Using your hands, form each portion into a ball-shape by gently tossing it from 1 hand to the other. (Don't over work or press too firmly on the meat.) Gently form each portion into a patty about 3 1/2 inches wide and 1-inch-thick.
- Preheat a large cast iron skillet over medium-low heat for 5 minutes. Raise the heat to high and add the oil.
- Add the patties and cook, turning once, until well-browned, about 2 minutes each side.

- Using a spatula, transfer the hamburgers to the roasting rack in the oven and continue cooking to desired doneness, 8 to 9 minutes for medium-rare, 10 to 11 minutes for medium, and 13 to 15 minutes for well-done. If you are using the cheese, top the hamburgers during their last couple of minutes of cooking to melt.
- Transfer the hamburgers to a plate, let rest for a couple minutes before serving. Meanwhile, toast the hamburger buns. Assemble the hamburgers with the condiments and toppings of your choice.
- Serve.
- When cooking on a countertop grill, turn on grill, then place burgers on the heated grill.
- For Medium-Rare: Cook for 3 minutes covered and then unplug the machine and continue to cook covered for 2 to 3 more minutes.
- For Medium: Cook for 4 minutes covered and then unplug the machine and continue to cook covered for 4 more minutes.
- For Well: Cook for 5 minutes covered and then unplug the machine and continue to cook covered for 5 more minutes.
- Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:23.05, Inflammation Score:-5, Nutrition Score:20.752608869387%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 699.71kcal (34.99%), Fat: 42.97g (66.11%), Saturated Fat: 14.24g (88.99%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 39.33g (14.3%), Sugar: 8.11g (9.01%), Cholesterol: 123.2mg (41.07%), Sodium: 1230.8mg (53.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.76%), Iron: 14.63mg (81.3%), Vitamin B12: 3.66µg (60.95%), Zinc: 7.35mg (49%), Vitamin B3: 7.69mg (38.43%), Selenium: 26.55µg (37.92%), Vitamin B6: 0.64mg (32.02%), Phosphorus: 305.35mg (30.54%), Potassium: 639.28mg (18.27%), Vitamin B2: 0.31mg (18.24%), Vitamin K: 16.64µg (15.85%), Vitamin C: 10.91mg (13.23%), Vitamin A: 553.98IU (11.08%), Magnesium: 38.67mg (9.67%), Vitamin B5: 0.95mg (9.54%), Vitamin E: 1.35mg (9.01%), Copper: 0.16mg (8.12%),

Folate: 30.47 μ g (7.62%), Vitamin B1: 0.1mg (6.8%), Manganese: 0.13mg (6.71%), Calcium: 60.54mg (6.05%), Fiber: 1.43g (5.74%), Vitamin D: 0.18 μ g (1.22%)