



Horseradish Burgers With Havarti

READY IN



45 min.

SERVINGS



8

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings canola oil
- 8 servings bacon cooked sliced for serving
- 0.5 bunch chives fresh minced
- 0.3 cup horseradish fresh grated prepared
- 2 pounds ground beef
- 8 large hamburger buns split
- 16 slices havarti cheese
- 8 servings catsup for serving
- 8 servings sea salt and pepper black freshly ground

Equipment

- paper towels
- mixing bowl
- grill
- spatula
- grill pan

Directions

- Watch how to make this recipe.
- Put the beef in a large mixing bowl. Use a rubber spatula to fold in the horseradish and chives; season with salt and pepper. Hand-form the meat into 8 burgers, cover them, and chill in the fridge while preparing your grill.
- Place a large grill pan on 2 burners over medium-high heat or preheat a gas or charcoal grill and get it very hot. Burgers stick to a cold grill, so it's important that you give it plenty of time to heat. Take a few paper towels and fold them several times to make a thick square. Blot a small amount of oil on the paper towel then carefully and quickly wipe the hot grates of the grill; this will create a non-stick grilling surface. Grill the burgers for 8 minutes per side for medium; 7 minutes if you like your meat rare.
- When the burgers are just about cooked, put a couple of slices of cheese on top of each and cover the grill for 1 minute to melt the cheese.
- Remove the burgers to a clean side plate so you have enough room to toast the buns.
- Rub the grill rack with the same paper towel as before to clean the small charred pieces, then toast the hamburger buns cut-side down for 1 minute.
- Serve the burgers with your favorite condiment and any garnish you like, such as bacon, lettuce, sliced tomato, and onion.

Nutrition Facts

 PROTEIN 20.4%  FAT 67.7%  CARBS 11.9%

Properties

Glycemic Index:28, Glycemic Load:13.11, Inflammation Score:-5, Nutrition Score:23.317825866782%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 786.78kcal (39.34%), Fat: 58.87g (90.58%), Saturated Fat: 21.1g (131.86%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 22.23g (8.08%), Sugar: 3.76g (4.18%), Cholesterol: 138.4mg (46.13%), Sodium: 885.72mg (38.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.91g (79.82%), Vitamin B12: 3.37µg (56.11%), Phosphorus: 550.03mg (55%), Selenium: 37.32µg (53.32%), Zinc: 7.58mg (50.53%), Calcium: 428.21mg (42.82%), Vitamin B3: 7.41mg (37.07%), Vitamin B2: 0.5mg (29.39%), Vitamin B6: 0.49mg (24.38%), Vitamin E: 3.58mg (23.84%), Vitamin B1: 0.35mg (23.38%), Folate: 86.71µg (21.68%), Iron: 3.88mg (21.58%), Vitamin K: 21.4µg (20.38%), Manganese: 0.31mg (15.36%), Potassium: 452.46mg (12.93%), Magnesium: 48.74mg (12.19%), Vitamin A: 461.28IU (9.23%), Copper: 0.18mg (8.92%), Vitamin B5: 0.85mg (8.54%), Fiber: 1.05g (4.21%), Vitamin C: 2.85mg (3.46%), Vitamin D: 0.3µg (1.99%)