



Hot Brown Burgers

READY IN



45 min.

SERVINGS



2

CALORIES



1797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces ground beef freshly ground
- 3 tablespoons butter
- 4 slices bacon cooked
- 3 tablespoons flour
- 2 tablespoons parsley fresh finely chopped
- 1 pint cup heavy whipping cream
- 2 servings pepper black freshly ground
- 1 Dash paprika
- 1.5 cups pecorino cheese

- 2 slices buttered toast white hearty
- 4 slices tomatoes ripe

Equipment

- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- grill
- broiler
- stove
- toaster

Directions

- Preheat broiler or toaster oven to high. Melt butter in a small saucepan over medium-high heat.
- Add flour and whisk to combine. Continue to cook, whisking constantly until pale golden blond, about 1 minute. Slowly pour in heavy cream, whisking constantly. Bring to a simmer then remove from heat.
- Whisk in grated cheese, then season to taste with salt and pepper.
- When ready to serve, season burger patties generously with salt and pepper and cook burgers to desired doneness on a hot grill or in a skillet on the stovetop, 125°F for medium rare or 135°F for medium.
- Let burger patties rest for 5 minutes off heat.
- Place 1 slice toast in the bottom of each gratin dish or both slices in the bottom of one oval baking dish and top each with a burger patty.
- Pour half the sauce over each sandwich, completely coating it.
- Place under broiler until spotty brown and bubbly, 2 to 3 minutes.

Place 2 slices of bacon in a cross on top of each dish and add 2 slices of tomato to the side of the toast.

Sprinkle with paprika and parsley and serve immediately with a knife and fork.

Nutrition Facts

PROTEIN 14.22% **FAT 78.54%** **CARBS 7.24%**

Properties

Glycemic Index:134.5, Glycemic Load:7.56, Inflammation Score:-10, Nutrition Score:43.801739278047%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 1797.1kcal (89.86%), Fat: 157.75g (242.69%), Saturated Fat: 91.01g (568.81%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 31.05g (11.29%), Sugar: 10g (11.11%), Cholesterol: 507.2mg (169.07%), Sodium: 1598.14mg (69.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.26g (128.53%), Phosphorus: 1048.71mg (104.87%), Vitamin A: 5131.76IU (102.64%), Calcium: 1025.81mg (102.58%), Selenium: 58.2µg (83.15%), Vitamin K: 84.09µg (80.09%), Vitamin B12: 4.47µg (74.44%), Vitamin B2: 1.12mg (65.94%), Zinc: 9.3mg (62.02%), Vitamin B3: 9.8mg (48.98%), Vitamin B6: 0.76mg (37.88%), Iron: 5.39mg (29.94%), Vitamin D: 4.37µg (29.11%), Vitamin B1: 0.43mg (28.66%), Potassium: 950.32mg (27.15%), Vitamin E: 3.88mg (25.88%), Magnesium: 93.18mg (23.3%), Folate: 82.95µg (20.74%), Vitamin B5: 2.01mg (20.12%), Vitamin C: 14.14mg (17.14%), Manganese: 0.29mg (14.3%), Copper: 0.24mg (11.89%), Fiber: 1.68g (6.71%)