



Hot Sausage Burgers with Broccoli Rabe and Provolone

READY IN



35 min.

SERVINGS



4

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 4 servings pepper black freshly ground
- 1 small bundle broccoli rabe
- 4 ciabatta rolls split
- 3 tablespoons brown sugar dark
- 2 small cloves garlic finely chopped
- 1 teaspoon sea salt
- 1 teaspoon granulated onion

- 1.5 teaspoons fennel powder
- 1.5 pounds coarsely ground pork (ask butcher to do this)
- 1 teaspoon ground sage
- 9 servings grates nutmeg
- 4 servings olive oil extra-virgin for drizzling, plus 1 tablespoon
- 4 servings herb fancy potato chips store-bought flavored
- 4 deli sharp provolone cheese thick
- 1 teaspoon pepper flakes red crushed
- 4 servings salt
- 2 teaspoons paprika smoked sweet
- 1 cup tomato sauce
- 2 tablespoons worcestershire sauce

Equipment

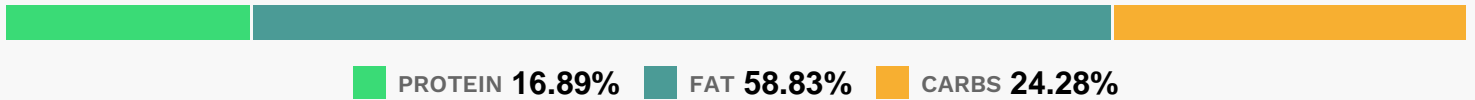
- bowl
- frying pan
- pot
- aluminum foil
- stove
- cutting board

Directions

- In a large bowl, combine the pork, red pepper flakes, paprika, fennel, sage, onion, garlic and salt, to taste. Form the meat into 4 patties, put on a plate and coat with a drizzle of extra-virgin olive oil.
- Heat a small pot over medium-low heat and add the brown sugar, Worcestershire, vinegar, tomato sauce and black pepper, to taste. Simmer until the mixture becomes a thick steak sauce consistency, about 15 minutes.
- Add a couple inches of water to a medium skillet over medium-high heat. Bring to a boil, then salt the water and add the broccoli rabe. Cook for 5 minutes, then drain.

- Transfer the broccoli rabe to a cutting board and chop it into 2-inch pieces. Set aside. Return the skillet to the stove over medium heat and add 1 tablespoon of extra-virgin olive oil. Stir in the chopped garlic and the broccoli rabe.
- Saute for 2 minutes, then season with a few grates of nutmeg, to taste.
- Heat a drizzle of extra-virgin olive oil in a skillet over medium-high heat, add the patties and cook for 5 to 6 minutes on each side. Top the patties with a slice of provolone during the last minute of cook time and tent with foil to melt.
- Divide the broccoli rabe on the bottoms of the rolls and top with the cheesy sausage patties. Slather some of the warm sauce on the roll tops and cover the burgers.
- Serve the burgers on individual plates with a few chips alongside.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:41.589565064596%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 1023.6kcal (51.18%), Fat: 67.44g (103.75%), Saturated Fat: 21.02g (131.4%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 56.76g (20.64%), Sugar: 14.26g (15.85%), Cholesterol: 135.58mg (45.19%), Sodium: 1283.68mg (55.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.56g (87.11%), Manganese: 3.6mg (180%), Vitamin K: 145.37µg (138.44%), Vitamin B1: 1.45mg (96.63%), Selenium: 47.09µg (67.27%), Vitamin B6: 1.05mg (52.45%), Phosphorus: 523.82mg (52.38%), Vitamin B3: 10.39mg (51.95%), Vitamin A: 2581.01IU (51.62%), Vitamin E: 7.27mg (48.45%), Potassium: 1310.17mg (37.43%), Vitamin B2: 0.63mg (37.18%), Zinc: 5.51mg (36.7%), Vitamin C: 24.95mg (30.24%), Calcium: 288.11mg (28.81%), Vitamin B5: 2.88mg (28.76%), Iron: 5.05mg (28.07%), Vitamin B12: 1.47µg (24.47%), Magnesium: 94.74mg (23.68%), Fiber: 5.9g (23.58%), Folate: 76.56µg (19.14%), Copper: 0.34mg (17.12%)