



Italian Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups lightly arugula packed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 focaccia buns split
- ☐ 0.8 cup giardiniera chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 pounds ground beef lean
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil divided
- ☐ 1 tablespoon oregano leaves fresh chopped

- ☐ 0.5 teaspoon pepper
- ☐ 4 slices provolone cheese
- ☐ 4 slices onion red thick

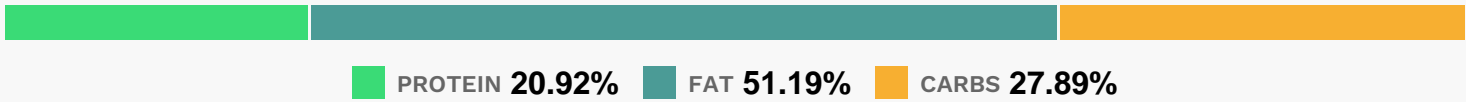
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to medium (350 to 450). Put onion in a small bowl and toss with vinegar and 1 tbsp. oil; set aside.
- ☐ Mix giardiniera with mayonnaise and oregano; set aside.
- ☐ Season beef with salt and pepper, mixing with your hands until just combined. Divide into 4 portions and form into patties. Using your thumb, press a dent into the center of each patty (it will even out as the burger cooks).
- ☐ Brush patties lightly on both sides with 1 tbsp. oil.
- ☐ Brush cut sides of buns with remaining 2 tbsp. oil.
- ☐ Drain onion and discard marinade. Grill onion and burgers until onion is softened and charred slightly, about 5 minutes, and until burgers are done the way you like, about 8 minutes for medium-rare. In the last 2 to 3 minutes of cooking, top burgers with cheese and lightly toast buns.
- ☐ Assemble burgers, topping them with onion, arugula, and a hefty dollop of mayonnaise mixture.
- ☐ *Find giardiniera in the pickle aisle of well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:24.21, Inflammation Score:-8, Nutrition Score:26.823043512261%

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 Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 864.57kcal (43.23%), Fat: 55.31g (85.09%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 67.8g (22.6%), Net Carbohydrates: 65.74g (23.91%), Sugar: 6.59g (7.32%), Cholesterol: 126.41mg (42.14%), Sodium: 2306.37mg (100.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.86g (101.72%), Iron: 15.63mg (86.86%), Vitamin B12: 4.11µg (68.5%), Zinc: 9.41mg (62.77%), Vitamin K: 58.62µg (55.83%), Vitamin B3: 9.48mg (47.41%), Selenium: 32.95µg (47.07%), Phosphorus: 447.98mg (44.8%), Vitamin B6: 0.72mg (36%), Vitamin E: 3.35mg (22.35%), Vitamin B2: 0.36mg (21.05%), Calcium: 209.78mg (20.98%), Potassium: 704.12mg (20.12%), Magnesium: 53.81mg (13.45%), Vitamin B5: 1.29mg (12.91%), Manganese: 0.18mg (8.83%), Vitamin A: 439.54IU (8.79%), Copper: 0.17mg (8.31%), Fiber: 2.06g (8.23%), Vitamin C: 6.66mg (8.07%), Folate: 26.7µg (6.68%), Vitamin B1: 0.09mg (5.9%), Vitamin D: 0.3µg (2.02%)