



Juicy Lucy Burger (a.k.a. Jucy Lucy)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces processed cheese food
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon garlic powder
- 1.5 pounds ground beef chilled (15 to 20 percent fat content)
- 16 inch hawaiian rolls split toasted
- 1.3 teaspoons kosher salt
- 4 servings toppings: such as pickles sliced for serving
- 4 servings vegetable oil for oiling the grill

- 0.5 teaspoon worcestershire sauce

Equipment

- bowl
- paper towels
- grill
- aluminum foil
- spatula
- tongs
- grill pan

Directions

- Cut each slice of cheese in half, then in half again to form 4 squares. Stack the pieces on top of each other to form 4 stacks; set aside.
- Place the meat in a large bowl and add the salt, garlic powder, Worcestershire, and pepper.
- Mix with your hands until just evenly combined. Divide the meat into 8 equal portions and place on a work surface. Using your fingertips, press 2 portions of the meat into 2 rough 1/4-inch-thick patties that are each about 1 inch wider in diameter than the hamburger buns.
- Place 1 stack of cheese in the center of 1 of the patties. Top with the second patty and pinch the edges to form a tight seal. Cup each patty with your hands to round out the edges, and press on the top to flatten slightly into a single thick patty.
- Transfer to a plate. Repeat with the remaining portions of meat and cheese to form 4 patties in total. Refrigerate while you prepare the grill.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil.
- Place the reserved patties on the grill, close the grill, and cook undisturbed (do not press down on the patties) until dark grill marks appear on the bottom, about 3 to 4 minutes. Using a spatula, flip the patties, close the grill again, and cook until grill marks appear on the second side and the patties are cooked through, about 3 to 4 minutes more.
- Remove to a clean plate and let rest in a warm place or tent loosely with foil for 5 minutes.
- Place a patty on each bun bottom, top with pickles, and cover with a bun top.

Serve immediately.

Nutrition Facts

PROTEIN 20.64% **FAT 74.77%** **CARBS 4.59%**

Properties

Glycemic Index:31.5, Glycemic Load:3.28, Inflammation Score:-4, Nutrition Score:21.172608551772%

Nutrients (% of daily need)

Calories: 672.97kcal (33.65%), Fat: 55.46g (85.33%), Saturated Fat: 19.17g (119.78%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.77g (2.46%), Sugar: 2.14g (2.37%), Cholesterol: 142.03mg (47.34%), Sodium: 1781.36mg (77.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.88%), Vitamin B12: 3.98µg (66.32%), Zinc: 7.8mg (52.01%), Selenium: 32.67µg (46.68%), Phosphorus: 427.91mg (42.79%), Vitamin K: 40.98µg (39.03%), Vitamin B3: 7.71mg (38.56%), Calcium: 304.64mg (30.46%), Vitamin B6: 0.6mg (29.8%), Iron: 4.01mg (22.3%), Vitamin B2: 0.37mg (21.79%), Potassium: 584.81mg (16.71%), Vitamin E: 2.12mg (14.15%), Vitamin B1: 0.16mg (10.96%), Magnesium: 41.95mg (10.49%), Vitamin B5: 0.98mg (9.77%), Copper: 0.15mg (7.36%), Folate: 28.62µg (7.15%), Manganese: 0.13mg (6.7%), Vitamin A: 321.26IU (6.43%), Fiber: 0.9g (3.59%), Vitamin D: 0.3µg (1.98%), Vitamin C: 1.6mg (1.94%)