

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

Dairy Free

DY IN

SERVINGS







LUNCH

MAIN COURSE

MAIN DISH

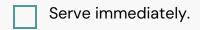
DINNER

Ingredients

3 ounces processed cheese food
O.3 teaspoon pepper black freshly ground
O.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.	



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: Og (100%), Alcohol %: O% (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: O.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%)