



Killer Inside Out Burger with Worcestershire Tomato Ketchup

READY IN



70 min.

SERVINGS



4

CALORIES



1270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch allspice
- 1 tablespoon apple cider vinegar
- 0.3 pound bacon chopped
- 1 pinch celery salt
- 3 tablespoons chorizo fresh uncooked
- 0.5 teaspoon optional: dill fresh chopped
- 1 tablespoon garlic chopped
- 2 pounds ground beef

- 1 pinch mustard seed
- 3 tablespoons olive oil
- 0.3 cup onion diced red
- 0.5 cup onions red minced
- 8 roma tomatoes seeded cut into 1/4-inch pieces
- 4 servings salt and pepper black freshly ground
- 4 kaiser rolls split toasted
- 2 tablespoons sugar
- 0.5 pound swiss cheese thinly sliced
- 2 tablespoons worcestershire sauce

Equipment

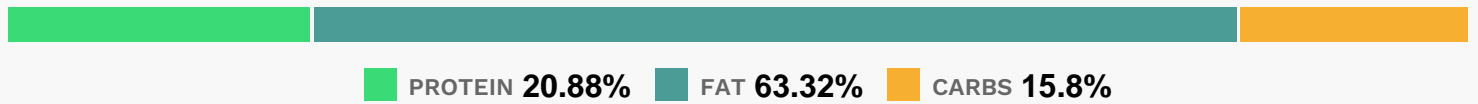
- frying pan
- paper towels
- oven
- blender

Directions

- Watch how to make this recipe.
- In a medium pan over medium to high heat, add bacon and onions and cook until the bacon is rendered but not crisp.
- Add the chorizo and cook until done. Season with salt and pepper.
- Remove the bacon mixture to a paper towel-lined plate to drain and cool.
- Preheat oven to 250 degrees F.
- Divide ground chuck into 8 equal parts. Form into a loose ball, and create 4-inch patties.
- Layer 1 piece of cheese onto the center of 1 patty. Top with 1/4 bacon mixture, another slice of cheese, then add another patty on top and gently seal edges and form into a patty, about 4 inches wide and 1 1/2 inches high. Repeat with the remaining patties to make a total of 4 large patties.
- Heat a medium saute pan over medium heat.

- Place all 4 patties in the pan and cook for 3 to 4 minutes on 1 side, then gently turn over and cook for another 3 to 4 minutes.
- Remove the pan from the heat, cover and pop it in the preheated oven for 10 minutes.
- Remove from oven, place burgers onto rolls and serve with Worcestershire Tomato Ketchup.
- In medium saute pan over medium heat, add oil and onions. Cook until brown and caramelized.
- Add the tomatoes, and garlic and cook for a few minutes, just to soften the vegetables. Then add the remaining ingredients and simmer for 30 minutes.
- You can either serve the ketchup chunky or cool and puree in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:98.52, Glycemic Load:29.47, Inflammation Score:-8, Nutrition Score:38.308695482171%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 1270.44kcal (63.52%), Fat: 88.75g (136.53%), Saturated Fat: 33.89g (211.81%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 46.63g (16.96%), Sugar: 15.75g (17.51%), Cholesterol: 240.29mg (80.1%), Sodium: 865.64mg (37.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.86g (131.71%), Vitamin B12: 6.71µg (111.79%), Iron: 16.35mg (90.83%), Zinc: 12.61mg (84.08%), Selenium: 57.83µg (82.61%), Phosphorus: 773.83mg (77.38%), Calcium: 589.4mg (58.94%), Vitamin B3: 11.62mg (58.1%), Vitamin B6: 1.01mg (50.45%), Vitamin B2: 0.58mg (33.96%), Potassium: 1129.19mg (32.26%), Vitamin A: 1579.25IU (31.58%), Vitamin C: 23mg (27.87%), Vitamin E: 3.6mg (24.01%), Vitamin K: 21.41µg (20.39%), Magnesium: 80.27mg (20.07%), Vitamin B5: 1.7mg (17.02%), Vitamin B1: 0.25mg (16.92%), Copper: 0.29mg (14.44%), Manganese: 0.27mg (13.61%), Fiber: 3.17g (12.69%), Folate: 46.48µg (11.62%), Vitamin D: 0.34µg (2.27%)