



Louisiana Burgers 2

READY IN



40 min.

SERVINGS



4

CALORIES



1328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black freshly ground
- 2 tablespoons canola oil plus more for brushing
- 0.5 teaspoon cayenne pepper
- 5 cornichons diced
- 1 tablespoon dijon mustard
- 1 teaspoon thyme leaves dried
- 1 tablespoon flat-leaf parsley fresh finely chopped
- 0.5 teaspoon garlic powder
- 1 green onion finely chopped (white and pale green parts)

- 1.5 pounds ground beef
- 8 slices tasso ham thinly sliced
- 1 teaspoon hot sauce
- 2 teaspoons kosher salt plus more for sprinkling
- 0.5 cup mayonnaise prepared
- 0.5 teaspoon onion powder
- 8 slices pepper jack cheese paper thin
- 4 servings potato chips
- 1 onion red peeled cut into 1/4-inch-thick slices
- 4 servings salt and pepper black freshly ground
- 4 buns split
- 1 tablespoon paprika sweet
- 1 tablespoon whole-grain mustard

Equipment

- bowl
- frying pan
- skewers

Directions

- Special equipment: skewers, for holding the burgers together
- For the mayonnaise: To a bowl, add the mayonnaise, mustards, hot sauce, cornichons, green onions, parsley and some salt and pepper. Stir to combine. Taste and adjust seasoning if needed. Cover and refrigerate until ready to serve.
- For the burgers: Stir together the paprika, salt, pepper, thyme, cayenne, garlic powder and onion powder in a small bowl.
- Mold the meat into patties.
- Brush with oil and sprinkle both sides with salt.
- Sprinkle 1 side of each patty with the spice mixture, making sure to rub the spices into the meat, and then drizzle with oil before grilling.

- Preheat a griddle pan to medium heat.
- Add the canola to the pan just prior to cooking.
- Place the burgers on the pan and cook until slightly charred and the spices have formed a crust, about 1 1/2 minutes (be careful not to burn the spices). Flip the burger over, lower the heat to medium and continue cooking to desired doneness. Top each burger with 2 slices of cheese during the last 30 seconds of cooking, until the cheese is melted.
- Put the burgers on the buns, top with the ham, some of the onions, some of the mayonnaise sauce and some potato chips. Use a skewer to hold the burger together.

Nutrition Facts

■ PROTEIN **18.2%**
■ FAT **65.56%**
■ CARBS **16.24%**

Properties

Glycemic Index: 105.25, Glycemic Load: 23.99, Inflammation Score: -8, Nutrition Score: 39.635217251985%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 1327.68kcal (66.38%), Fat: 96.43g (148.36%), Saturated Fat: 29.27g (182.93%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 49.77g (18.1%), Sugar: 6.41g (7.13%), Cholesterol: 204.63mg (68.21%), Sodium: 2939.51mg (127.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.25g (120.49%), Iron: 16.3mg (90.53%), Vitamin K: 92.08µg (87.69%), Vitamin B12: 4.38µg (73.01%), Selenium: 48.69µg (69.56%), Zinc: 10.27mg (68.47%), Phosphorus: 652.67mg (65.27%), Vitamin B3: 11.39mg (56.96%), Vitamin B6: 1.05mg (52.25%), Vitamin E: 6.74mg (44.93%), Calcium: 392.99mg (39.3%), Vitamin B2: 0.61mg (36.09%), Vitamin B1: 0.52mg (34.67%), Potassium: 1130.76mg (32.31%), Vitamin A: 1446.7IU (28.93%), Vitamin B5: 2.59mg (25.91%), Manganese: 0.49mg (24.69%), Magnesium: 82.89mg (20.72%), Fiber: 3.97g (15.89%), Copper: 0.29mg (14.53%), Vitamin C: 11.16mg (13.53%), Folate: 42.26µg (10.57%), Vitamin D: 0.87µg (5.8%)