



## LT Backyard Burger

READY IN



16 min.

SERVINGS



1

CALORIES



1245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 Slice beefsteak tomatoes
- 1 serving butter softened
- 1 tablespoon cognac
- 1 tablespoon cornichons chopped
- 1 Slice dill pickle
- 7 ounces ground prime beef at room temperature (20 percent fat)
- 2 tablespoons pickled jalapeño chopped
- 3 tablespoons catsup
- 1 serving kosher salt and pepper black freshly ground

- 1 serving iceberg lettuce leaf
- 6 tablespoons mayonnaise
- 2 tablespoons relish sweet drained and rinsed
- 1 serving potato bun sliced in half
- 1 serving salt and pepper to taste

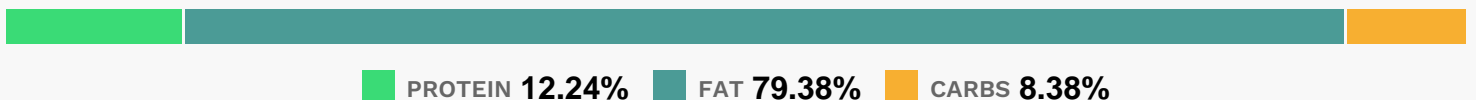
## Equipment

- bowl
- frying pan

## Directions

- Watch how to make this recipe.
- Heat a griddle medium hot.
- Using your hands, form the beef into a 1/4-inch-thick patty, trying not to press the patty too much or the meat becomes tough and the patty does not cook properly in the center.
- Brush some butter on both sides of the patty, season with salt and pepper and cook on the griddle for 2 to 3 minutes on each side for medium rare.
- Meanwhile, brush softened butter on both slices of the bun and place on the griddle until toasted.
- To assemble, place the hamburger on the bottom slice of the bun, and the lettuce, tomato and pickle on top of the hamburger.
- Spread the LT Pickled Mayo on the top bun and then put the sandwich together and serve.
- Place the ingredients in a small bowl and mix together.

## Nutrition Facts



## Properties

Glycemic Index:249, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:30.559130523516%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## **Nutrients (% of daily need)**

Calories: 1245.01kcal (62.25%), Fat: 107.09g (164.75%), Saturated Fat: 27.7g (173.14%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 22.64g (8.23%), Sugar: 13.42g (14.91%), Cholesterol: 186.93mg (62.31%), Sodium: 1876.34mg (81.58%), Alcohol: 5.01g (100%), Alcohol %: 1.22% (100%), Protein: 37.17g (74.33%), Vitamin K: 177.56µg (169.1%), Vitamin B12: 4.36µg (72.6%), Zinc: 8.76mg (58.4%), Vitamin C: 40.65mg (49.27%), Vitamin B3: 9.75mg (48.75%), Selenium: 32.28µg (46.11%), Vitamin B6: 0.89mg (44.57%), Phosphorus: 385.87mg (38.59%), Vitamin E: 5.6mg (37.36%), Iron: 5.13mg (28.49%), Vitamin B2: 0.45mg (26.53%), Potassium: 918.83mg (26.25%), Vitamin A: 1280.61IU (25.61%), Folate: 58.88µg (14.72%), Magnesium: 58.32mg (14.58%), Vitamin B5: 1.36mg (13.56%), Copper: 0.26mg (12.78%), Manganese: 0.24mg (11.86%), Vitamin B1: 0.17mg (11.32%), Fiber: 2.8g (11.19%), Calcium: 78.78mg (7.88%), Vitamin D: 0.37µg (2.44%)