



Memphis Beale Street Burger

READY IN



25 min.

SERVINGS



6

CALORIES



1077 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bbq sauce (recommended: Neely's BBQ sauce)
- 2 beef steak tomatoes sliced
- 6 servings pepper black freshly ground
- 6 brioche buns
- 6 servings butter
- 2 tablespoons buttermilk
- 0.3 teaspoon cayenne pepper
- 1 pint cole slaw (recommended: Neely's Cole Slaw)
- 1 teaspoon neely's rub seasoning dry

- 2 clove garlic finely chopped
- 2.5 pounds ground beef
- 0.5 juice of lemon juiced
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons mayonnaise
- 6 slices pepper jack cheese
- 2 teaspoons salt
- 1 small shallots finely chopped
- 0.3 cup cup heavy whipping cream sour
- 12 slices apple wood bacon smoked crisp
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- mixing bowl
- plastic wrap
- wooden spoon
- grill

Directions

- Preheat your grill to medium-high heat.
- In a large mixing bowl, break up the meat with your hands.
- Add the chopped shallot, garlic, Neely's Dry Rub, Worcestershire sauce, and salt and pepper, to taste.
- Mix with a wooden spoon until thoroughly incorporated. Using your hands, divide the meat into 6 equal balls. Flatten them into patties and use your thumb to create an indent in the center of each burger.
- Grill the burgers, uncovered, for 3 minutes on the first side. Flip and continue cooking for another 3 minutes for medium-rare, and 4 minutes for medium.
- Remove from grill and immediately top with the cheese.

- Butter the buns and place on the grill. Toast for about 1 minute and remove from grill.
- Build your burgers by topping with the bacon, Secret Sauce, coleslaw, and tomatoes.
- Add onion rings if desired.
- Mix all the ingredients together in a medium bowl. Cover with plastic wrap and refrigerate until serving, allowing the flavors to develop. Can be made a day ahead.

Nutrition Facts

PROTEIN 18.58%

FAT 61.7%

CARBS 19.72%

Properties

Glycemic Index:66, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:31.960434851439%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 1076.57kcal (53.83%), Fat: 74.07g (113.95%), Saturated Fat: 33.93g (212.07%), Carbohydrates: 53.26g (17.75%), Net Carbohydrates: 49.61g (18.04%), Sugar: 8.96g (9.96%), Cholesterol: 317.32mg (105.77%), Sodium: 1600.29mg (69.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.17g (100.33%), Vitamin K: 84.24µg (80.23%), Vitamin B12: 4.28µg (71.38%), Zinc: 9.01mg (60.06%), Vitamin C: 46.69mg (56.59%), Selenium: 32.77µg (46.82%), Phosphorus: 466.13mg (46.61%), Vitamin B3: 8.99mg (44.96%), Vitamin A: 2178.81IU (43.58%), Vitamin B6: 0.86mg (43.12%), Iron: 5.77mg (32.07%), Calcium: 317.62mg (31.76%), Potassium: 1018.3mg (29.09%), Vitamin B2: 0.46mg (27.2%), Manganese: 0.37mg (18.55%), Folate: 72.19µg (18.05%), Magnesium: 66.11mg (16.53%), Fiber: 3.66g (14.63%), Vitamin B5: 1.37mg (13.7%), Vitamin E: 1.97mg (13.12%), Vitamin B1: 0.19mg (12.66%), Copper: 0.24mg (11.78%), Vitamin D: 0.39µg (2.6%)