



Miami Burger

READY IN



30 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons canola oil
- 0.3 cup dijon mustard
- 2 dill pickles sliced into 1/4-inch-thick slices
- 4 hamburger buns split
- 4 servings kosher salt and pepper black freshly ground
- 1 pound pd of ground turkey lean (80 percent) (90 percent)
- 0.5 cup mayonnaise
- 4 cloves roasted garlic mashed
- 4 slices ham smoked thin

- 8 slices swiss cheese thin

Equipment

- bowl
- frying pan
- grill
- aluminum foil
- panini press

Directions

- Watch how to make this recipe.
- Divide the meat into 4 equal portions (about 6 ounces each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt and pepper.
- Heat the oil in the pan or griddle over high heat until the oil begins to shimmer. Cook the burgers until golden brown and slightly charred on the first side, about 3 minutes for beef and 5 minutes for turkey. Flip over the burgers. Cook beef burgers until golden brown and slightly charred on the second side, 4 minutes for medium rare (3 minutes if topping with cheese) or until cooked to desired degree of doneness. Cook turkey burgers until cooked throughout, about 5 minutes on the second side.
- Add the cheese, if using, to the tops of the burgers during the last minute of cooking and top with a basting cover, close the grill cover, or tent the burgers with aluminum foil to melt the cheese.
- Combine the mayonnaise and roasted garlic in a small bowl and season with salt and pepper to taste.
- Spread both sides of each bun with the mayonnaise and the mustard.
- Place a slice of cheese on each bun bottom, place a burger on top, and then top the burger with a slice of ham, another slice of cheese, and some pickle slices. Cover with the bun tops.
- Cook the burgers on a sandwich press or wrap the burgers in aluminum foil and cook in a hot skillet over high heat (put a heavy skillet on top of the burgers to press them) until golden brown and the cheese has melted, about 1 1/2 minutes per side.
- Serve immediately.

Nutrition Facts

PROTEIN 27.32% FAT 57.62% CARBS 15.06%

Properties

Glycemic Index:58.25, Glycemic Load:13.43, Inflammation Score:-6, Nutrition Score:26.037826164909%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 656.31kcal (32.82%), Fat: 42.07g (64.72%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 22.89g (8.32%), Sugar: 3.98g (4.42%), Cholesterol: 115.83mg (38.61%), Sodium: 1200.21mg (52.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.88g (89.76%), Selenium: 53.36µg (76.22%), Vitamin B3: 12.97mg (64.86%), Phosphorus: 577.57mg (57.76%), Vitamin K: 57.83µg (55.08%), Vitamin B6: 1.08mg (54.21%), Calcium: 405.49mg (40.55%), Zinc: 4.39mg (29.26%), Vitamin B12: 1.72µg (28.75%), Vitamin B1: 0.36mg (24.08%), Vitamin B2: 0.39mg (22.79%), Manganese: 0.39mg (19.57%), Magnesium: 71.45mg (17.86%), Iron: 3.11mg (17.26%), Potassium: 546.11mg (15.6%), Vitamin E: 2.33mg (15.56%), Folate: 57.75µg (14.44%), Vitamin B5: 1.27mg (12.74%), Copper: 0.21mg (10.73%), Vitamin A: 400.52IU (8.01%), Fiber: 1.86g (7.43%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.24mg (2.71%)