



## Mini Italian Pub Burgers

READY IN



20 min.

SERVINGS



9

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 large basil leaves
- 0.3 teaspoon pepper black freshly ground
- 9 small ciabatta rolls sliced in 1/2
- 0.5 cup flat-leaf parsley fresh packed
- 2 cloves garlic peeled
- 2.3 pounds ground beef
- 1.5 teaspoons kosher salt
- 0.3 cup olive oil extra-virgin
- 1.5 ounces parmesan grated

- 4.5 ounces taleggio cheese
- 3 tablespoons tomato paste

## Equipment

- food processor
- bowl
- grill
- grill pan

## Directions

- Watch how to make this recipe.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Place the garlic and parsley in the bowl of a food processor. Pulse until finely chopped.
- Add the ground chuck, Parmesan cheese, tomato paste, salt, and pepper. Pulse until ingredients are combined. Form the mixture into 9 patties.
- Place the burgers on the grill and cook for 4 to 5 minutes each side.
- Brush the cut side of each roll with the olive oil and toast on the grill for 1 to 2 minutes until slightly golden.
- To serve, place 1 mini burger on the bottom half of each of the rolls.
- Place 1 slice of Taleggio cheese on top of the burgers.
- Place the basil leaf on top of the cheese and cover with the top half.
- Serve.

## Nutrition Facts



**PROTEIN 21.68%** **FAT 57.34%** **CARBS 20.98%**

## Properties

Glycemic Index:26.22, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:15.019999833211%

## Flavonoids

Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

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

Calories: 535.17kcal (26.76%), Fat: 33.89g (52.15%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 26.92g (9.79%), Sugar: 0.72g (0.8%), Cholesterol: 94.92mg (31.64%), Sodium: 1025.03mg (44.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.68%), Vitamin K: 62.77µg (59.78%), Vitamin B12: 2.48µg (41.39%), Zinc: 4.95mg (33.01%), Selenium: 18.46µg (26.37%), Vitamin B3: 5.02mg (25.11%), Phosphorus: 219.65mg (21.97%), Vitamin B6: 0.39mg (19.71%), Calcium: 161.88mg (16.19%), Iron: 2.67mg (14.84%), Vitamin A: 696.91IU (13.94%), Vitamin B2: 0.2mg (11.53%), Potassium: 387.8mg (11.08%), Vitamin E: 1.6mg (10.65%), Vitamin C: 5.88mg (7.13%), Magnesium: 25.79mg (6.45%), Vitamin B5: 0.62mg (6.17%), Copper: 0.1mg (4.98%), Fiber: 0.98g (3.92%), Vitamin B1: 0.06mg (3.88%), Folate: 14.28µg (3.57%), Manganese: 0.06mg (2.88%)