



Mini Prime Cheeseburgers with Aged Cheddar

READY IN



45 min.

SERVINGS



12

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef 90% lean
- ☐ 12 arugula
- ☐ 12 brioche hamburger buns (with a 2-inch cookie cutter) mini canned
- ☐ 0.3 ounce cheddar cheese thin
- ☐ 4 cherry tomatoes
- ☐ 3 pickled cucumbers / gherkins
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

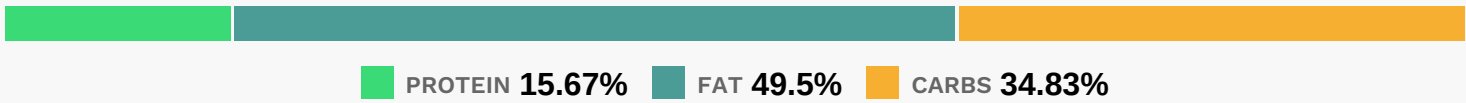
Equipment

- ☐ bowl
- ☐ grill
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Preheat grill or grill pan over high heat. In a bowl, season ground beef with 1/8 teaspoon each salt and pepper.
- ☐ Combine with hands; roll into 2-tablespoon patties, lightly flattening the tops.
- ☐ Place patties on a plate; drizzle with olive oil, and season each side with 1/8 teaspoon salt and pepper.
- ☐ Place burgers on hot grill. Cook 3 minutes; turn over with tongs. Top each burger with 1 slice Cheddar; allow cheese to melt. Separate each mini brioche bun.
- ☐ Place on grill; toast about 1 minute per side. Slice cherry tomatoes into 3 slices each and cornichons into 4 slices each. Sandwich each toasted bun with 1 burger (cheese side up), 1 arugula leaf, 1 tomato slice, and 1 cornichon slice.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:5.1747826609922%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 442.12kcal (22.11%), Fat: 24.47g (37.65%), Saturated Fat: 12.69g (79.29%), Carbohydrates: 38.75g (12.92%),
Net Carbohydrates: 38.66g (14.06%), Sugar: 0.19g (0.21%), Cholesterol: 169mg (56.33%), Sodium: 490.87mg
(21.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Vitamin A: 803.76IU (16.08%),
Vitamin B12: 0.84µg (14.06%), Zinc: 1.86mg (12.39%), Iron: 1.77mg (9.83%), Vitamin B3: 1.95mg (9.77%), Selenium:
6.54µg (9.34%), Phosphorus: 75.92mg (7.59%), Vitamin B6: 0.15mg (7.31%), Calcium: 62.22mg (6.22%), Potassium:
142.59mg (4.07%), Vitamin B2: 0.07mg (3.86%), Vitamin K: 3.58µg (3.41%), Vitamin B5: 0.25mg (2.45%),
Magnesium: 9.34mg (2.34%), Vitamin E: 0.34mg (2.24%), Vitamin C: 1.59mg (1.93%), Copper: 0.03mg (1.72%),
Folate: 5.12µg (1.28%), Vitamin B1: 0.02mg (1.27%), Manganese: 0.02mg (1.22%)