



Must-Have Muffaletta Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



1378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices salami "bacon hard
- 0.5 teaspoon pepper black freshly ground
- 1 pinch pepper black freshly ground
- 1 tablespoon dijon mustard (recommended: Zatarain's)
- 1 tablespoon dijon mustard
- 2 medium garlic cloves finely minced
- 1.5 pounds ground pork
- 4 servings iceberg lettuce shredded
- 2 teaspoons kosher salt

- 0.8 cup mayonnaise good
- 4 servings quality olive salad italian good chopped (recommended: Boscoli brand)
- 8 slices provolone cheese
- 4 servings onion red thinly sliced
- 1 pinch salt
- 2 teaspoons greek seasoning (recommended: Cavender's)
- 4 kaiser rolls
- 1 small onion white grated

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- grill
- aluminum foil
- grill pan

Directions

- Preheat the oven to 350 degrees F. Line a heavy large baking sheet with aluminum foil.
- Arrange 12 salami slices in a single layer on the baking sheet.
- Bake until the salami slices are browned (much like bacon), watching closely to ensure they brown evenly, about 10 minutes. They will crisp as they cool.
- Transfer the salami bacon to a paper towel-lined baking sheet to absorb the excess oil. Set aside to cool.
- Combine the pork, onion, garlic, salt, Greek seasoning and black pepper in a large bowl and mix just until evenly combined, do not overmix). Form the meat mixture into 4 equal patties a little larger in diameter than the kaiser rolls, so that when they shrink after cooking they will fit

the roll perfectly.

- Heat a grill pan or outdoor grill to medium heat. Once the grill is hot, cook the burgers until the juices run clear and patties are firm to the touch, about 6 minutes per side. Do not overcook or the burgers will be dry and tasteless. Top each burger with 2 slices of the provolone cheese during the last 2 minutes of cooking to melt the cheese.
- Remove the burgers to a plate and tent with foil and allow to rest for a couple of minutes while you prepare the rolls.
- Whisk all ingredients together in a small bowl.
- Split the rolls in half and toast the cut surfaces lightly on the grill or in pan, just before the patties are done.
- Spread Creole mayo on the bottom halves of the rolls and top with the burgers. Top each burger with 3 pieces of salami bacon, a thin slice of red onion, some lettuce, then a little of the chopped olive salad.
- Spread a little Creole mayo on the top half of each roll and cover the burgers. Press it down, grab some napkins, and ENJOY!!!!

Nutrition Facts

PROTEIN 15.86% **FAT 71.81%** **CARBS 12.33%**

Properties

Glycemic Index:99.75, Glycemic Load:24.42, Inflammation Score:-7, Nutrition Score:37.558695534001%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 1377.69kcal (68.88%), Fat: 109.54g (168.53%), Saturated Fat: 34.07g (212.91%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 37.74g (13.73%), Sugar: 7.65g (8.5%), Cholesterol: 209.89mg (69.96%), Sodium: 2945.15mg (128.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.44g (108.89%), Vitamin K: 107.01µg (101.91%), Vitamin B1: 1.51mg (100.65%), Selenium: 64.84µg (92.63%), Iron: 14.29mg (79.41%), Phosphorus: 628.45mg (62.85%), Vitamin B3: 10.44mg (52.21%), Vitamin B6: 0.97mg (48.71%), Zinc: 6.12mg (40.82%), Calcium: 403.56mg (40.36%), Vitamin B2: 0.63mg (37.17%), Vitamin B12: 2.13µg (35.43%), Potassium: 892.81mg (25.51%), Vitamin E:

3.15mg (21.03%), Vitamin A: 972.66IU (19.45%), Vitamin B5: 1.92mg (19.22%), Manganese: 0.38mg (19.18%), Fiber: 4.58g (18.31%), Magnesium: 72.71mg (18.18%), Folate: 50.79µg (12.7%), Copper: 0.21mg (10.29%), Vitamin C: 5.61mg (6.8%), Vitamin D: 0.54µg (3.59%)