

build a better burger

## Napa Valley Basil-Smoked Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup lightly basil fresh packed minced
- 6 basil sprigs for serving
- 2 tablespoons basil pesto prepared
- 0.3 cup bread crumbs fresh italian
- 2 teaspoons garlic salt
- 2 pounds ground sirloin
- 6 leaf lettuce leaves red
- 0.7 cup mayonnaise
- 6 slices monterrey jack cheese

- 0.3 cup onion red minced
- 6 onion paper-thin red separated
- 6 large sandwich rolls split seeded
- 8 sun-dried tomatoes packed in olive oil, finely chopped
- 6 slices tomatoes (1/4-inch-thick)
- 6 servings vegetable oil for brushing on the grill rack
- 0.3 cup red wine

## Equipment

- bowl
- grill

## Directions

- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- To make the mayonnaise, combine the ingredients in a small bowl and mix well. Cover and refrigerate until needed.
- To make the patties, combine the sirloin, Zinfandel, basil, onion, bread crumbs, sun-dried tomatoes, and garlic salt in a large bowl. Handling the meat as little as possible to avoid compacting it, mix well. Divide the mixture into 6 equal portions and form the portions into patties to fit the rolls.
- When the grill is ready, brush the grill rack with vegetable oil. Toss the moistened basil sprigs directly onto the fire.
- Place the patties on the rack, cover, and cook, turning once, until done to preference, 5 to 7 minutes on each side for medium. During the last few minutes of cooking, place the rolls, cut side down, on the outer edges of the rack to toast lightly. During the last minute of cooking, top each patty with a cheese slice.
- To assemble the burgers, spread the mayonnaise over the cut sides of the rolls. On each roll bottom, place a lettuce leaf, a patty, a tomato slice, an onion slice, and a basil sprig.
- Add the roll tops and serve.
- Taste

Book, using the USDA Nutrition Database

From Build A Better Burger by James McNair Copyright (c) 2005 by James McNair Published by Ten Speed Press. James McNair has served as the head judge of Build a Better Burger since it began in 1990, heading both the regional selection process and the cook-off judging; he is now the chairman of the national contest. He is the author of more than forty cookbooks, including Burgers, Beef, Chicken, Corn, Grill, Pizza, and The Sutter Home Napa Valley Cookbook, and has received an Award of Excellence from the International Association of Culinary Professionals. McNair also teaches cooking classes and gives culinary lectures around the country, and has appeared on many national and local television shows. He lives in Napa Valley.

## Nutrition Facts

 **PROTEIN 17.76%**  **FAT 62.79%**  **CARBS 19.45%**

### Properties

Glycemic Index:56.5, Glycemic Load:3.16, Inflammation Score:-8, Nutrition Score:32.246956452079%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.84mg, Isorhamnetin: 5.84mg, Isorhamnetin: 5.84mg, Isorhamnetin: 5.84mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 23.92mg, Quercetin: 23.92mg, Quercetin: 23.92mg, Quercetin: 23.92mg

### Nutrients (% of daily need)

Calories: 994.17kcal (49.71%), Fat: 68.58g (105.51%), Saturated Fat: 20.05g (125.33%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 43.53g (15.83%), Sugar: 8.4g (9.33%), Cholesterol: 138.59mg (46.2%), Sodium: 1599.94mg (69.56%), Alcohol: 1.09g (100%), Alcohol %: 0.31% (100%), Protein: 43.65g (87.3%), Vitamin K: 80.58µg (76.74%), Selenium: 52.69µg (75.28%), Vitamin B12: 3.56µg (59.32%), Zinc: 8.56mg (57.1%), Vitamin B3: 10.32mg (51.62%), Phosphorus: 503.39mg (50.34%), Vitamin B6: 0.75mg (37.31%), Vitamin B2: 0.6mg (35.58%), Iron: 6.16mg (34.2%), Calcium: 339.74mg (33.97%), Vitamin B1: 0.47mg (31%), Manganese: 0.57mg (28.71%), Folate: 103.66µg (25.92%), Potassium: 876.02mg (25.03%), Vitamin E: 3.02mg (20.13%), Magnesium: 73.2mg (18.3%), Fiber: 4.26g (17.04%), Vitamin C: 13.67mg (16.57%), Copper: 0.32mg (16.25%), Vitamin A: 731.62IU (14.63%), Vitamin B5: 1.42mg (14.18%), Vitamin D: 0.37µg (2.46%)