



Napa Valley Cabernet Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



1119 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 750 ml wine
- ☐ 1 cup coarsely cheddar cheese white extra-sharp packed grated ()
- ☐ 18 inch flour
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 2 teaspoons brown sugar
- ☐ 1.5 pounds ground beef 15% (fat)
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon salt

- ☐ 0.3 cup shallots minced
- ☐ 8 large tomatoes
- ☐ 9 tablespoons butter unsalted room temperature
- ☐ 4 servings vegetable oil

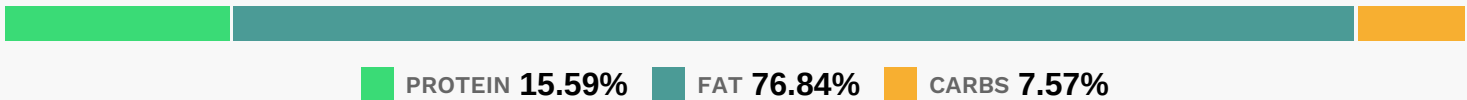
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Boil wine and shallots in medium saucepan until reduced to 3/4 cup, about 20 minutes.
- ☐ Add 1 tablespoon butter and brown sugar; whisk until butter melts and sugar dissolves.
- ☐ Remove from heat.
- ☐ Mix remaining 8 tablespoons butter and rosemary in small bowl. Set aside.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix beef, salt, pepper, and 1/4 cup wine-shallot mixture in bowl. Form meat into four 5-inch squares or rounds.
- ☐ Brush grill rack with oil. Grill burgers until brown on bottom, about 3 minutes. Turn burgers and brush with wine-shallot mixture. Continue grilling burgers until cooked to desired doneness, turning and brushing occasionally with wine-shallot mixture, about 4 minutes longer for medium-rare.
- ☐ Sprinkle with cheese after last turn and grill until cheese melts.
- ☐ Spread cut sides of bread with rosemary butter. Grill, cut side down, until golden, about 2 minutes. Arrange bread, grilled side up, on plates. Top bottom halves with burgers, then tomatoes and arugula. Cover with top halves of bread.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:24.632174056509%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 1118.66kcal (55.93%), Fat: 84g (129.23%), Saturated Fat: 36.84g (230.22%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 17.03g (6.19%), Sugar: 5.04g (5.6%), Cholesterol: 216.74mg (72.25%), Sodium: 957.65mg (41.64%), Alcohol: 19.97g (100%), Alcohol %: 4.79% (100%), Protein: 38.34g (76.68%), Vitamin B12: 3.99µg (66.55%), Zinc: 8.38mg (55.89%), Selenium: 34.07µg (48.67%), Vitamin K: 47.38µg (45.13%), Phosphorus: 433.54mg (43.35%), Vitamin B3: 7.61mg (38.04%), Vitamin A: 1773.95IU (35.48%), Vitamin B6: 0.67mg (33.73%), Calcium: 269.49mg (26.95%), Vitamin B2: 0.41mg (24.12%), Iron: 3.9mg (21.67%), Vitamin E: 3.13mg (20.86%), Potassium: 712.28mg (20.35%), Magnesium: 52mg (13%), Vitamin C: 10.19mg (12.35%), Vitamin B5: 1.15mg (11.5%), Folate: 42.22µg (10.55%), Manganese: 0.2mg (9.87%), Copper: 0.18mg (8.84%), Vitamin B1: 0.12mg (7.77%), Fiber: 1.62g (6.46%), Vitamin D: 0.81µg (5.41%)