



Niman Ranch Burgers

READY IN



70 min.

SERVINGS



6

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard good
- 0.5 teaspoon thyme leaves fresh
- 2 pounds ground niman ranch beef lean grass-fed (80 percent and 20 percent fat)
- 1 teaspoon kosher salt
- 6 servings mayonnaise good
- 2 tablespoons olive oil good
- 3 tablespoons olive oil good for brushing the grill

- 3 sandwich-size muffins english halved
- 2 tablespoons sherry wine vinegar
- 2 tablespoons butter unsalted
- 2 pounds onions yellow peeled sliced in half-rounds

Equipment

- bowl
- frying pan
- pot
- grill
- spatula

Directions

- Build a charcoal fire or heat a gas grill.
- Place the ground beef in a large bowl and add the mustard, olive oil, salt, and pepper.
- Mix gently with a fork to combine, taking care not to compress the ingredients. Shape the meat into 6 (3 1/2-inch) patties of equal size and thickness.
- When the grill is medium-hot, brush the grill grate with oil to keep the burgers from sticking.
- Place the burgers on the grill and cook for 4 minutes. Using a big spatula, turn the burgers and cook for another 3 to 4 minutes, until medium-rare or more, or cook longer if you prefer hamburgers more well done.
- Meanwhile, break apart the English muffins and toast the 6 halves cut side down on the grill.
- Spread each half with mayonnaise and top with a burger and then with a heaping tablespoon of caramelized onions.
- Serve hot.
- Heat the olive oil and butter in a large shallow pot, add the onions and thyme, and toss with the oil.
- Place the lid on top and cook over medium-low heat for about 10 minutes to sweat the onions.

- Remove the lid and continue to cook over medium–low heat, stirring occasionally, for 25 to 30 minutes, until the onions are caramelized and golden brown. If the onions are cooking too fast, lower the heat.
- Add the vinegar, salt, and pepper and cook for 2 more minutes, scraping the brown bits from the pan. Season to taste (they should be very highly seasoned).

Nutrition Facts

PROTEIN 17.78%

FAT 65.8%

CARBS 16.42%

Properties

Glycemic Index:48.83, Glycemic Load:12.46, Inflammation Score:-7, Nutrition Score:19.532173892726%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.69mg, Quercetin: 30.69mg, Quercetin: 30.69mg, Quercetin: 30.69mg

Nutrients (% of daily need)

Calories: 679.19kcal (33.96%), Fat: 49.45g (76.08%), Saturated Fat: 16.23g (101.42%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 24.17g (8.79%), Sugar: 6.48g (7.19%), Cholesterol: 119.06mg (39.69%), Sodium: 681.33mg (29.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.13%), Vitamin B12: 3.26µg (54.33%), Zinc: 6.81mg (45.43%), Vitamin B3: 7.04mg (35.19%), Selenium: 24.45µg (34.93%), Vitamin B6: 0.69mg (34.31%), Phosphorus: 326.67mg (32.67%), Iron: 3.72mg (20.68%), Manganese: 0.39mg (19.64%), Potassium: 681.79mg (19.48%), Vitamin B2: 0.31mg (18.48%), Vitamin E: 2.58mg (17.22%), Vitamin K: 18.05µg (17.19%), Fiber: 3.6g (14.39%), Vitamin C: 11.52mg (13.96%), Vitamin B1: 0.19mg (12.81%), Folate: 50.53µg (12.63%), Magnesium: 49.47mg (12.37%), Vitamin B5: 1.1mg (10.99%), Copper: 0.2mg (9.98%), Calcium: 83.37mg (8.34%), Vitamin A: 134.67IU (2.69%), Vitamin D: 0.23µg (1.53%)