



Northern Italian Trattoria Burger

READY IN



30 min.

SERVINGS



4

CALORIES



1278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula wild packed (or baby arugula)
- ☐ 0.7 cup asiago cheese grated
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 pound capicola dry hot thinly sliced chopped (coppa) (recommended: Boar's Head)
- ☐ 0.5 tablespoon dijon mustard
- ☐ 6 ounces fontina shredded
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 1 pinch rosemary leaves fresh finely chopped
- ☐ 0.1 teaspoon thyme leaves fresh

- ☐ 1 clove garlic chopped
- ☐ 1.3 pounds ground beef
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parsley leaves fresh italian chopped
- ☐ 4 teaspoons pinenuts toasted
- ☐ 4 potato buns split
- ☐ 2 tablespoons shallots chopped
- ☐ 4 ounces speck smoked thinly sliced finely chopped (prosciutto)
- ☐ 1.5 sticks butter unsalted room temperature

Equipment

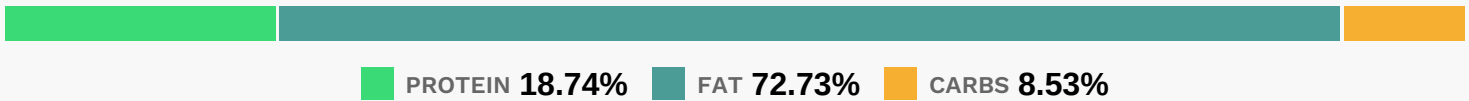
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ spatula
- ☐ grill pan

Directions

- ☐ In the bowl of a food processor, combine the parsley, basil, thyme, shallot, garlic, lemon juice, and Dijon mustard and puree until smooth.
- ☐ Add the butter and pulse until well combined.
- ☐ Transfer to a small bowl and reserve.
- ☐ Heat a large nonstick skillet over medium-high heat.

- ☐ Sprinkle 1/2 of the cheese into 2 to circles (approximately 4 1/2-inch in diameter) in the skillet. Cook for 2 minutes. Then carefully flip with a spatula and cook for another 1 minute.
- ☐ Drain on paper towels. Repeat with remaining 1/2 of the cheese.
- ☐ Meanwhile, to make the speck, heat the oil in a large skillet over medium-high heat.
- ☐ Add the speck and cook until crispy, stirring occasionally, about 5 minutes.
- ☐ Remove from the skillet and drain on paper towels.
- ☐ To make the patties, put capicola and rosemary in the bowl of a food processor and pulse until finely chopped. In a large mixing bowl, combine the capicola mixture, chuck, salt, and pepper; mix well. Separate the mixture into 4 equal portions and form the portions into patties to fit the size of the buns.
- ☐ Heat large skillet or grill pan over high heat.
- ☐ Add the patties to the skillet and cook for 3 1/2 minutes. Flip the burgers and cook for 3 to 4 minutes or to desired doneness. During the last few minutes of cooking, top the burgers with equal amounts of fontina cheese and tent with aluminum foil to melt cheese. Also, during last few minutes of cooking, toast the buns.
- ☐ To assemble the burgers, spread a generous amount of Italian Herb Butter on the cut sides of the buns. On each bun bottom, arrange equal amounts of pine nuts, Crispy Speck, arugula, a patty topped with cheese, and a Frico. Cover with the bun tops and serve.

Nutrition Facts



Properties

Glycemic Index:89.25, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:30.497391223907%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 1277.73kcal (63.89%), Fat: 105.1g (161.69%), Saturated Fat: 50.44g (315.25%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 26.14g (9.5%), Sugar: 6.56g (7.29%), Cholesterol: 296.35mg (98.78%), Sodium: 2276.98mg (99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.94g (121.88%), Vitamin B12: 4.16µg (69.36%), Calcium: 637.6mg (63.76%), Zinc: 8.48mg (56.5%), Phosphorus: 560.53mg (56.05%), Selenium: 38.15µg (54.5%), Vitamin B3: 10.4mg (52%), Vitamin K: 52.67µg (50.17%), Vitamin A: 1940.87IU (38.82%), Vitamin B2: 0.58mg (33.83%), Vitamin B1: 0.48mg (32%), Iron: 5.76mg (31.98%), Vitamin B6: 0.63mg (31.28%), Folate: 106.95µg (26.74%), Vitamin E: 2.59mg (17.27%), Potassium: 567.34mg (16.21%), Manganese: 0.28mg (14.18%), Magnesium: 53.57mg (13.39%), Vitamin B5: 1.25mg (12.47%), Copper: 0.17mg (8.47%), Vitamin D: 1.23µg (8.19%), Vitamin C: 6.58mg (7.97%), Fiber: 1.58g (6.3%)