



Onion-Smothered Italian Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon basil dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 ounce hamburger buns
- ☐ 1 pound ground beef lean
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 3 tablespoons preshredded parmesan cheese fresh

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups vidalia sweet thinly sliced

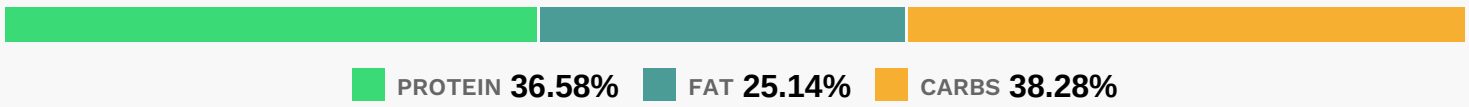
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, sugar, salt, and pepper to pan. Cook 6 minutes or until lightly browned, stirring occasionally.
- ☐ Add vinegar to the pan; cook 30 seconds, stirring constantly.
- ☐ Combine cheese and next 5 ingredients (through beef) in a medium bowl; shape meat mixture into 4 (3-inch) patties.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan. Cook 5 minutes on each side or until desired degree of doneness.
- ☐ Place 1 patty on bottom half of each bun; top each patty with 1/4 cup onion mixture and top half of each bun.

Nutrition Facts



Properties

Glycemic Index:74.02, Glycemic Load:15.06, Inflammation Score:-7, Nutrition Score:19.310869470887%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 343.79kcal (17.19%), Fat: 9.44g (14.52%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 30.24g (11%), Sugar: 10.74g (11.93%), Cholesterol: 72.86mg (24.29%), Sodium: 561.3mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.81%), Selenium: 33.1µg (47.28%), Vitamin B12: 2.67µg (44.5%), Zinc: 6.37mg (42.49%), Vitamin B3: 8.4mg (42%), Phosphorus: 325.07mg (32.51%), Vitamin B6: 0.61mg (30.42%), Iron: 4.94mg (27.44%), Vitamin B1: 0.32mg (21.27%), Vitamin B2: 0.35mg (20.82%), Manganese: 0.38mg (19.03%), Potassium: 641.82mg (18.34%), Folate: 66.83µg (16.71%), Calcium: 145.88mg (14.59%), Magnesium: 49.61mg (12.4%), Copper: 0.22mg (10.87%), Vitamin B5: 0.84mg (8.44%), Fiber: 2.1g (8.4%), Vitamin K: 8.48µg (8.08%), Vitamin C: 6.16mg (7.47%), Vitamin E: 1.05mg (6.97%), Vitamin A: 161.82IU (3.24%)