



Patty Melt

READY IN



25 min.

SERVINGS



2

CALORIES



1090 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter at room temperature
- 1 tablespoon parsley leaves fresh chopped
- 12 ounces ground beef (preferably chuck)
- 2 servings kosher salt and pepper black freshly ground
- 2 servings mustard for serving
- 2 tablespoons olive oil divided
- 2 servings toppings: such as pickles for serving
- 1 pinch pepper flakes red
- 4 slices cocktail rye bread

- 4 slices swiss cheese
- 1 medium onion yellow thinly sliced into half moons

Equipment

- bowl
- frying pan
- grill
- grill pan

Directions

- Generously season the beef with salt and pepper and form into 2 (1/2-inch thick) oval patties.
- Set aside, or place in the refrigerator while you cook the onions.
- Add 1 tablespoon olive oil into a large nonstick skillet over medium-high heat. Once oil is hot, add onion and saute until browned, about 8 minutes.
- Season the onions with red pepper flakes, salt, pepper, and chopped parsley.
- Remove onions from the skillet to a bowl and reserve.
- Add the remaining tablespoon oil to the hot skillet. Once hot, add the burgers and cook for 3 to 4 minutes until very browned on one side. Flip and continue cooking the other side for another 3 minutes.
- Remove from pan.
- Preheat a grill pan to medium-high heat.
- Top 2 pieces rye bread each with a slice of cheese, onions, the burger patty, a second slice of cheese, and a final piece of bread.
- Butter both the top and bottom of the sandwich.
- Grill each sandwich until golden and the cheese melts, about 3 to 4 minutes on each side.
- Serve hot with mustard and a side of pickles.

Nutrition Facts



Properties

Glycemic Index:126.17, Glycemic Load:15.56, Inflammation Score:-8, Nutrition Score:34.049999605054%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 1089.91kcal (54.5%), Fat: 83.91g (129.09%), Saturated Fat: 36.06g (225.35%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 32.71g (11.89%), Sugar: 5.74g (6.37%), Cholesterol: 212.59mg (70.86%), Sodium: 1327.47mg (57.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.27g (90.54%), Selenium: 57.8µg (82.57%), Vitamin B12: 4.71µg (78.57%), Zinc: 9.57mg (63.82%), Phosphorus: 583.85mg (58.39%), Vitamin K: 58.93µg (56.12%), Vitamin B3: 9.85mg (49.25%), Calcium: 441.07mg (44.11%), Vitamin B2: 0.64mg (37.44%), Vitamin B6: 0.72mg (35.84%), Manganese: 0.69mg (34.26%), Iron: 5.73mg (31.81%), Vitamin B1: 0.42mg (28.22%), Folate: 105.28µg (26.32%), Vitamin E: 3.92mg (26.13%), Vitamin A: 1293.85IU (25.88%), Fiber: 5.62g (22.48%), Potassium: 770.49mg (22.01%), Magnesium: 79.99mg (20%), Vitamin B5: 1.44mg (14.37%), Copper: 0.29mg (14.28%), Vitamin C: 8.37mg (10.15%), Vitamin D: 0.17µg (1.13%)