



Patty Melt

READY IN

ready

35 min.

SERVINGS

servings

2

CALORIES

calories

1016 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1.5 pound ground round fresh divided and shaped into 2 oval burgers
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion red peeled sliced into rings
- ☐ 4 slices cocktail rye bread
- ☐ 2 servings salt and pepper freshly ground to taste
- ☐ 2 slices swiss cheese

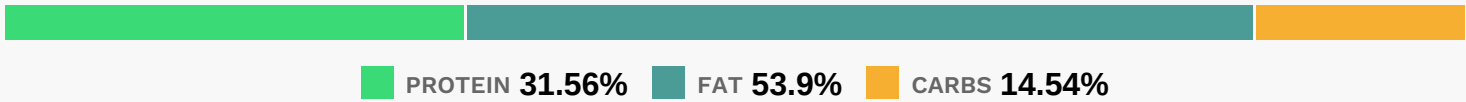
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Melt butter over flat top griddle or large cast-iron skillet and toast rye bread slices. Season and grill burgers on flat top. Cook to medium-rare. Put olive oil on griddle and grill onions until caramelized. Melt cheese slices over each burger. Assemble pattymelt by placing cheeseburgers over one slice each rye toast, top with caramelized onions and remaining slices of rye toast.
- ☐ Serve with French fries and sliced cantaloupe.

Nutrition Facts



Properties

Glycemic Index:78.17, Glycemic Load:15.44, Inflammation Score:-7, Nutrition Score:40.654347979504%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 1015.57kcal (50.78%), Fat: 59.81g (92.02%), Saturated Fat: 25.48g (159.28%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 31.66g (11.51%), Sugar: 4.8g (5.34%), Cholesterol: 267.04mg (89.01%), Sodium: 928.05mg (40.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.79g (157.59%), Vitamin B12: 8.06µg (134.26%), Zinc: 17.87mg (119.16%), Selenium: 81.78µg (116.83%), Vitamin B3: 19.77mg (98.83%), Phosphorus: 822.85mg (82.28%), Vitamin B6: 1.38mg (69.08%), Iron: 9.61mg (53.4%), Vitamin B2: 0.82mg (48.01%), Potassium: 1294.1mg (36.97%), Manganese: 0.63mg (31.68%), Vitamin B1: 0.45mg (29.9%), Magnesium: 105.03mg (26.26%), Folate: 103.21µg (25.8%), Calcium: 255.04mg (25.5%), Vitamin B5: 2.46mg (24.62%), Copper: 0.39mg (19.68%), Fiber: 4.65g (18.59%), Vitamin E: 2.75mg (18.3%), Vitamin A: 496.54IU (9.93%), Vitamin K: 9.14µg (8.71%), Vitamin C: 4.33mg (5.24%), Vitamin D: 0.34µg (2.27%)