



Patty Melts

READY IN



40 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 10 ounces button mushrooms sliced
- 6 ounces ground beef sirloin lean
- 4 servings kosher salt and pepper freshly ground
- 10 ounces pd of ground turkey 93% lean
- 8 slices multigrain bread
- 3 tablespoons olive oil extra-virgin
- 2 medium onions thinly sliced
- 2 ounces swiss cheese thin

2 tablespoons worcestershire sauce

Equipment

bowl

frying pan

Directions

Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.

Add the onions and cook, stirring, until soft, 2 to 3 minutes. Push to one side of the skillet; add the mushrooms and cook until browned, about 2 minutes. Season with salt and pepper, then mix the mushrooms and onions together and cook until the onions are golden, about 10 more minutes.

Add the vinegar and 2 tablespoons Worcestershire sauce.

Transfer the mixture to a bowl and keep warm.

Meanwhile, mix the turkey, beef and the remaining 2 teaspoons Worcestershire sauce in a bowl. Shape into 4 equal-size oval patties.

Wipe out the skillet, add 1 tablespoon olive oil and place over medium-high heat. Season the patties with salt and pepper and cook until browned on the bottom, about 4 minutes. Flip and cook through, 1 to 2 more minutes.

Divide the onions and mushrooms among 4 bread slices; top with a slice of cheese, a patty, another slice of cheese and another bread slice. Wipe out the skillet; add 1 tablespoon olive oil and place over medium heat. Cook the sandwiches in two batches until the bread is toasted and the cheese melts, 1 to 2 minutes per side, adding the remaining 2 teaspoons oil as needed.

Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:51.42, Glycemic Load:16.37, Inflammation Score:-6, Nutrition Score:27.015652283378%

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

Nutrients (% of daily need)

Calories: 498.84kcal (24.94%), Fat: 25.12g (38.64%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 28.73g (10.45%), Sugar: 7.5g (8.33%), Cholesterol: 91.43mg (30.48%), Sodium: 724.84mg (31.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.55g (71.09%), Manganese: 1.32mg (65.76%), Selenium: 44.28µg (63.25%), Vitamin B3: 11.35mg (56.76%), Phosphorus: 485.12mg (48.51%), Zinc: 5.85mg (38.99%), Vitamin B2: 0.66mg (38.74%), Vitamin B6: 0.69mg (34.33%), Vitamin B12: 1.95µg (32.48%), Vitamin B5: 2.52mg (25.24%), Copper: 0.5mg (25.22%), Vitamin B1: 0.37mg (24.98%), Iron: 4.38mg (24.31%), Calcium: 240.51mg (24.05%), Potassium: 826.2mg (23.61%), Magnesium: 84.47mg (21.12%), Fiber: 5g (20.01%), Folate: 56.34µg (14.08%), Vitamin E: 2.07mg (13.82%), Vitamin K: 11.48µg (10.93%), Vitamin C: 6.66mg (8.08%), Vitamin D: 0.55µg (3.69%), Vitamin A: 170.24IU (3.4%)