



Patty Melts with Grilled Onions

READY IN



35 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound extralean ground beef
- ☐ 4 ounces jarlsberg cheese shredded reduced-fat
- ☐ 3 tablespoons creamy mustard blend (such as Dijonnaise)
- ☐ 1 ounce cocktail rye bread
- ☐ 0.3 teaspoon salt
- ☐ 1 inch vidalia sweet

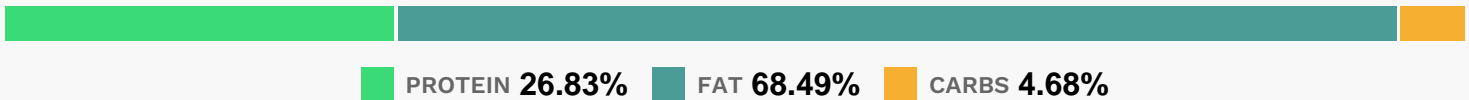
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Arrange onion slices on a plate.
- ☐ Drizzle vinegar over onion slices.
- ☐ Heat a large grill pan over medium heat. Coat pan with cooking spray.
- ☐ Add onion to pan; cover and cook 3 minutes on each side.
- ☐ Remove from pan; cover and keep warm.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray. Divide beef into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Sprinkle patties evenly with salt and pepper.
- ☐ Add patties to pan; cook 3 minutes on each side or until done.
- ☐ Spread about 1 teaspoon mustard blend over 4 bread slices; layer each slice with 2 tablespoons cheese, 1 patty, 2 onion slices, and 2 tablespoons cheese.
- ☐ Spread about 1 teaspoon mustard blend over remaining bread slices; place, mustard side down, on top of sandwiches.
- ☐ Heat pan over medium heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan.
- ☐ Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten. Cook 3 minutes on each side or until bread is toasted (leave cast-iron skillet on sandwiches while they cook).

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:1.97, Inflammation Score:-2, Nutrition Score:12.230869557547%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 418.49kcal (20.92%), Fat: 31.4g (48.3%), Saturated Fat: 13.84g (86.49%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.06g (1.18%), Cholesterol: 100.76mg (33.59%), Sodium: 571.05mg (24.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.35%), Vitamin B12: 2.43µg (40.45%), Selenium: 23.03µg (32.91%), Zinc: 4.9mg (32.66%), Vitamin B3: 5.13mg (25.64%), Calcium: 236.94mg (23.69%), Phosphorus: 201.31mg (20.13%), Vitamin B6: 0.38mg (19.03%), Iron: 2.62mg (14.57%), Vitamin B2: 0.2mg (11.73%), Potassium: 341.74mg (9.76%), Magnesium: 28.27mg (7.07%), Manganese: 0.14mg (6.93%), Vitamin B1: 0.1mg (6.75%), Vitamin B5: 0.64mg (6.37%), Copper: 0.09mg (4.69%), Vitamin A: 211.67IU (4.23%), Folate: 16.69µg (4.17%), Fiber: 0.93g (3.73%), Vitamin E: 0.53mg (3.53%), Vitamin K: 2.5µg (2.38%)