



Perfect Summer Basil Burger

READY IN



13 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 muffins english toasted halved
- ☐ 3 tablespoons basil fresh roughly chopped
- ☐ 1 large clove garlic minced
- ☐ 1 green onion chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.3 pounds ground beef lean 80-percent
- ☐ 0.5 cup mayonnaise prepared
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 cup mozzarella cheese shredded

- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 1 tomatoes salted sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

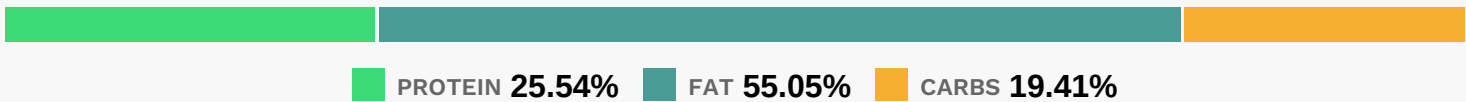
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Quarter the beef into even portions. Form into burgers, indenting the middle slightly with your thumb. Season with salt and pepper, and brush lightly with vegetable oil. Cook on a hot grill until charred on the outside and pink on the inside, about 4 minutes per side. Two minutes before removing the burgers, top the burgers with the mozzarella cheese.
- ☐ Place the toasted muffins on a serving platter.
- ☐ Place the tomato slices on the bottom, and top each with cooked patties.
- ☐ Spread a tablespoon or two of the basil sauce on each bun top and sprinkle with a little Parmesan cheese.
- ☐ Serve extra basil sauce on the side for dipping.
- ☐ Blend the green onion, basil, garlic, mayonnaise, sour cream, and Worcestershire sauce in a blender until creamy and pale green. Taste the sauce and season with salt and pepper, if needed.

Nutrition Facts



Properties

Glycemic Index:95.25, Glycemic Load:19.11, Inflammation Score:-5, Nutrition Score:22.80869609895%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 606.01kcal (30.3%), Fat: 36.5g (56.15%), Saturated Fat: 9.38g (58.65%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 26.89g (9.78%), Sugar: 1.52g (1.69%), Cholesterol: 112.18mg (37.39%), Sodium: 634.54mg (27.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.2%), Vitamin K: 67.7µg (64.48%), Vitamin B12: 3.44µg (57.33%), Zinc: 8.05mg (53.64%), Vitamin B3: 8.93mg (44.63%), Phosphorus: 422.41mg (42.24%), Selenium: 27.53µg (39.33%), Vitamin B6: 0.63mg (31.47%), Iron: 4.24mg (23.53%), Vitamin B2: 0.38mg (22.11%), Potassium: 685.51mg (19.59%), Manganese: 0.31mg (15.28%), Magnesium: 52.23mg (13.06%), Vitamin B5: 1.3mg (13.02%), Calcium: 129.17mg (12.92%), Vitamin B1: 0.18mg (12.31%), Vitamin E: 1.84mg (12.29%), Copper: 0.22mg (11.13%), Vitamin A: 507.5IU (10.15%), Folate: 38.43µg (9.61%), Fiber: 2.05g (8.2%), Vitamin C: 5.52mg (6.69%), Vitamin D: 0.24µg (1.59%)