



Pete's Burger

READY IN



45 min.

SERVINGS



4

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large arugula
- ☐ 4 slices bacon uncooked
- ☐ 4 servings barbecue sauce
- ☐ 2 tablespoons breadcrumbs fresh
- ☐ 4 servings butter for the rolls
- ☐ 4 slices cheddar cheese
- ☐ 8 slices pickled cucumbers / gherkins
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs

- ☐ 2 garlic clove crushed
- ☐ 1.8 pounds ground beef
- ☐ 4 hawaiian rolls with sesame seeds, halved
- ☐ 0.3 cup onion diced finely
- ☐ 1 pinch oregano dried
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 pinch pepper red
- ☐ 8 slices vine ripened tomato

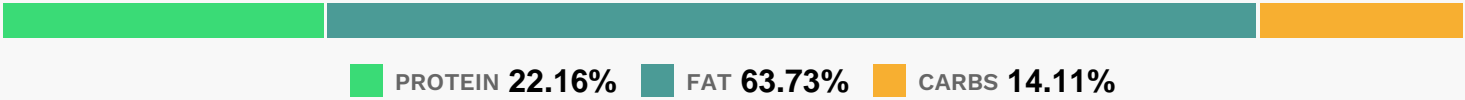
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ To make the patties, mix all the ingredients in a large bowl and form into 4 patties.
- ☐ Set up the outdoor grill for direct-heat cooking over medium-high heat.
- ☐ Place the patties on the grill and cook for 5 minutes, then turn and continue cooking for a couple of minutes until just done. A minute before you finish cooking the patties, lay the cheese slices on the patties and let melt.
- ☐ Remove and set aside to keep warm.
- ☐ Meanwhile, place a griddle, plancha or piastra suitable for an outdoor grill on the grill to preheat. Cook the onion on the griddle until golden. Cook the bacon on the griddle to your liking.
- ☐ Butter the rolls and place, butter side down, on the grill and cook until just golden with a bit of crunch to them.
- ☐ Remove and construct your burger starting with some sauce, the patties with cheese, then the bacon, onion, tomato, cornichons and arugula.
- ☐ From My Grill: Outdoor Cooking Australian Style by Pete Evans. Text copyright © 2009 Peter Evans; photography copyright © 2009 Anson Smart. First published in 2009 by Murdoch Books Australia; first published in the United States in 2011 by Weldon Owen, a division of

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:13.95, Inflammation Score:-8, Nutrition Score:32.096956605497%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 879.81kcal (43.99%), Fat: 61.58g (94.74%), Saturated Fat: 24.8g (154.98%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 28.34g (10.31%), Sugar: 6.03g (6.71%), Cholesterol: 224.09mg (74.7%), Sodium: 913.21mg (39.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.17g (96.34%), Selenium: 56.95µg (81.36%), Vitamin B12: 4.75µg (79.11%), Zinc: 9.91mg (66.05%), Vitamin B3: 11.83mg (59.17%), Phosphorus: 525.46mg (52.55%), Vitamin K: 55.08µg (52.46%), Vitamin B6: 0.85mg (42.36%), Vitamin B2: 0.61mg (35.95%), Iron: 6.39mg (35.49%), Vitamin B1: 0.48mg (31.73%), Calcium: 258.19mg (25.82%), Potassium: 857.5mg (24.5%), Vitamin A: 1116.3IU (22.33%), Manganese: 0.45mg (22.32%), Folate: 86µg (21.5%), Magnesium: 67.22mg (16.8%), Vitamin C: 12.59mg (15.26%), Vitamin B5: 1.5mg (15.04%), Copper: 0.27mg (13.28%), Vitamin E: 1.76mg (11.75%), Fiber: 2.34g (9.34%), Vitamin D: 0.61µg (4.06%)