



Pimento Cheese-Gilded Burger

READY IN



23 min.

SERVINGS



15

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons spring onion finely chopped
- ☐ 1 pound ground beef lean
- ☐ 2 teaspoons pepper black
- ☐ 15 servings pepper black to taste
- ☐ 0.3 cup mayonnaise
- ☐ 4 ounce pimientos drained chopped
- ☐ 15 servings salt to taste
- ☐ 24 ounce cheddar cheese shredded extra-sharp
- ☐ 4 portugese rolls

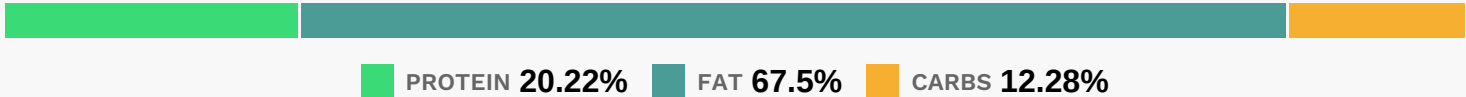
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients and, if desired, ground red pepper, garlic powder, and sugar in a bowl. Stir in mayonnaise, and work into a chunky paste. Store in refrigerator until ready to use.
- ☐ Remove meat and pimento cheese from refrigerator at least 30 minutes before cooking.
- ☐ Heat a cast-iron or other heavy skillet over medium-high heat. Form 4 (1-inch-thick) patties, seasoning with salt and black pepper. Cook patties 4 minutes per side or until medium, flipping only once.
- ☐ Remove grease from pan.
- ☐ Add buns to skillet, and warm until just toasted.
- ☐ Spread pimento cheese onto warm patties or buns, and assemble burgers.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:6.63, Inflammation Score:-5, Nutrition Score:10.419565200806%

Flavonoids

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

Nutrients (% of daily need)

Calories: 345.21kcal (17.26%), Fat: 25.82g (39.73%), Saturated Fat: 11.62g (72.63%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 10g (3.64%), Sugar: 1.61g (1.78%), Cholesterol: 68.92mg (22.97%), Sodium: 621.8mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.8%), Calcium: 331.08mg (33.11%), Phosphorus: 259.03mg (25.9%), Selenium: 17.53µg (25.04%), Iron: 3.71mg (20.64%), Zinc: 2.96mg (19.74%), Vitamin B12: 1.13µg (18.9%), Vitamin B2: 0.25mg (14.86%), Vitamin A: 668.43IU (13.37%), Vitamin K: 12.77µg (12.17%), Vitamin C: 8.01mg (9.71%), Vitamin B6: 0.15mg (7.54%), Vitamin B3: 1.37mg (6.84%), Magnesium: 18.76mg (4.69%), Vitamin E: 0.7mg (4.66%), Potassium: 139.28mg (3.98%), Vitamin B5: 0.35mg (3.54%), Folate: 12.99µg (3.25%), Manganese: 0.06mg

(3.17%), Fiber: 0.57g (2.29%), Copper: 0.04mg (2.23%), Vitamin D: 0.31µg (2.08%), Vitamin B1: 0.03mg (1.94%)