



Pimiento Cheeseburgers

READY IN



45 min.

SERVINGS



6

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 2 pounds ground sirloin 80% lean
- 6 hawaiian rolls flavored
- 1 slices jalapeno
- 6 servings kosher salt
- 0.5 cup mayonnaise (I prefer Duke's or JFG®)
- 4 ounces mild cheddar cheese grated
- 2 ounce pimientos diced drained
- 8 ounces sharp cheddar cheese grated

- 1 small onion white grated

Equipment

- bowl
- grill

Directions

- In a medium bowl, mix together the onion, both cheeses, mayonnaise, and pimientos. If you need additional mayonnaise to make it creamy, add a little bit at a time. Grind copious amounts of black pepper and stir that into the cheese mixture.
- Divide the ground beef into 6 equal portions and shape into patties about 3/4 inch thick. Remember to put a slight indentation into the center of each patty. Season both sides of the burgers liberally with salt and pepper.
- Oil the grill racks. Preheat your grill using all burners set on high and with the lid closed for 10 to 12 minutes.
- Place the burgers on the grill and lower the heat to medium. Grill for about 5 minutes. Turn the patties and continue grilling until they reach your desired doneness, about 4 additional minutes for medium, 6 minutes for medium-well. During the last 2 minutes of cooking time, add the buns, cut side down. At the last minute before taking the hamburgers off the grill, put a generous spoonful of pimiento cheese on each. Take the buns from the grill, place on a platter, set a burger on each bun bottom, add pickled jalapeños on top of the pimiento cheese, and serve.
- IN THE KITCHEN
- This homemade pimiento cheese can be used not only with this burger but also as a dip or a spread for just about anything you want. It will keep for about a week in the refrigerator.
- Reprinted with permission from Grillin' with Gas: 150 Mouthwatering Recipes for Great Grilled Food by by Fred Thompson, (C) 2009, The Taunton Press

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:13.9, Inflammation Score:-7, Nutrition Score:29.625217334084%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 815.22kcal (40.76%), Fat: 57.71g (88.78%), Saturated Fat: 22.33g (139.54%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 24.12g (8.77%), Sugar: 4.85g (5.39%), Cholesterol: 167.35mg (55.78%), Sodium: 997.89mg (43.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.1g (92.2%), Selenium: 52.2µg (74.58%), Vitamin B12: 3.99µg (66.51%), Zinc: 9.26mg (61.74%), Phosphorus: 575.01mg (57.5%), Calcium: 492.66mg (49.27%), Vitamin B3: 9.13mg (45.67%), Vitamin K: 39.77µg (37.87%), Vitamin B2: 0.63mg (37.17%), Vitamin C: 29.04mg (35.2%), Vitamin B6: 0.69mg (34.64%), Iron: 5.03mg (27.96%), Vitamin B1: 0.33mg (21.92%), Vitamin A: 994.06IU (19.88%), Potassium: 619.72mg (17.71%), Folate: 69.28µg (17.32%), Manganese: 0.31mg (15.57%), Vitamin E: 2.33mg (15.55%), Magnesium: 56.86mg (14.21%), Vitamin B5: 1.16mg (11.6%), Copper: 0.19mg (9.45%), Fiber: 1.63g (6.54%), Vitamin D: 0.53µg (3.52%)