



Poutine Burger (Burgers with Fried Potatoes, Cheese Curds, and Gravy)

READY IN



75 min.

SERVINGS



4

CALORIES



2827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounces ground beef freshly ground
- ☐ 4 servings pepper black freshly ground
- ☐ 1 quart canola oil
- ☐ 6 ounces cheese curds
- ☐ 1 cup gravy hot prepared
- ☐ 4 hawaiian rolls
- ☐ 4 servings kosher salt
- ☐ 4 servings onion sliced (if desired)

- ☐ 1 potatoes with a mandoline or by hand peeled cut into 1/8th inch matchsticks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ stove
- ☐ wok
- ☐ tongs

Directions

- ☐ Rinse cut potatoes in a bowl of cold water, changing water as necessary until water runs clear.
- ☐ Drain carefully and dry on paper towels.
- ☐ In a deep cast iron skillet, fryer, or wok, heat oil to 350°F. Carefully lower potatoes into oil. Cook potatoes without moving, adjusting heat to maintain temperature, until bubbles from potatoes slow down and potatoes are a pale golden blond, about 3 minutes. Continue cooking, agitating potatoes occasionally with a metal spider or tongs until potatoes are deep golden brown, about 3 minutes longer. Carefully transfer potatoes to a paper towel-lined bowl and season immediately with salt. Allow to cool completely. After cooling, potatoes can be stored in an airtight container at room temperature for up to 3 days.
- ☐ When ready to serve, season burger patties generously with salt and pepper and cook burgers to desired doneness on a hot grill or in a skillet on the stovetop, 125°F for medium rare or 135°F for medium.
- ☐ Transfer to a plate and allow to rest for 5 minutes.
- ☐ While burgers rest, toast buns until golden brown.
- ☐ Place onions on bottom bun (if using). Top with burger patties, cheese curds, fried potatoes, and hot gravy. Close burgers.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **5.86%**  FAT **88.67%**  CARBS **5.47%**

Properties

Glycemic Index:51.19, Glycemic Load:20.83, Inflammation Score:-6, Nutrition Score:29.943043376926%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 2826.6kcal (141.33%), Fat: 281.37g (432.88%), Saturated Fat: 36.8g (230.01%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 36.14g (13.14%), Sugar: 6.88g (7.64%), Cholesterol: 150.86mg (50.29%), Sodium: 1050.25mg (45.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.86g (83.72%), Vitamin E: 42.12mg (280.78%), Vitamin K: 174.7µg (166.38%), Vitamin B12: 3.12µg (51.99%), Selenium: 33.4µg (47.71%), Zinc: 6.49mg (43.26%), Vitamin B3: 8.42mg (42.08%), Calcium: 410.79mg (41.08%), Vitamin B6: 0.71mg (35.42%), Phosphorus: 313.85mg (31.39%), Iron: 4.77mg (26.48%), Vitamin B1: 0.36mg (24.16%), Vitamin B2: 0.37mg (21.74%), Potassium: 741.03mg (21.17%), Manganese: 0.42mg (20.88%), Vitamin C: 15.12mg (18.33%), Folate: 69.33µg (17.33%), Magnesium: 51.91mg (12.98%), Fiber: 2.91g (11.62%), Copper: 0.21mg (10.69%), Vitamin B5: 0.94mg (9.38%)