

Real Hamburgers

READY IN

ready

30 min.

SERVINGS

servings

10

CALORIES

calories

551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 6 extra large egg yolks
- ☐ 2 pounds ground beef
- ☐ 1 pound ground sirloin
- ☐ 12 hamburger buns
- ☐ 1.5 teaspoons kosher salt
- ☐ 3 tablespoons steak sauce recommended: Crosse & Blackwell
- ☐ 4 tablespoons butter unsalted cold

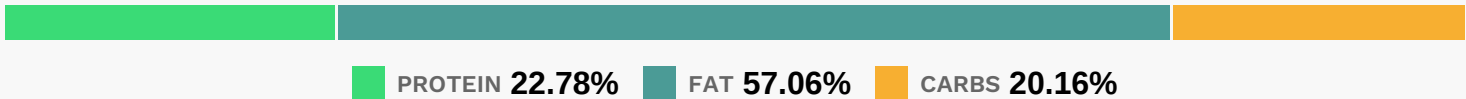
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Carefully mix the meats, steak sauce, egg yolks, salt, and pepper with the tines of a fork, but do not mash it. Lightly form each hamburger and lightly press into a patty shape. Make an indentation and put a thin slice of butter inside each hamburger, making sure the butter is entirely encased in the meat.
- ☐ Heat a grill, broiler, or saute pan and cook the hamburgers for 3 to 5 minutes on each side until almost done.
- ☐ Remove to a plate and cover with aluminum foil. Allow the hamburgers to rest for 5 minutes and serve immediately on buns.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:15.47, Inflammation Score:-4, Nutrition Score:19.463043549786%

Nutrients (% of daily need)

Calories: 551.49kcal (27.57%), Fat: 34.38g (52.9%), Saturated Fat: 13.97g (87.29%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 26.29g (9.56%), Sugar: 4.26g (4.74%), Cholesterol: 223.93mg (74.64%), Sodium: 774.52mg (33.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.77%), Selenium: 40.96µg (58.51%), Vitamin B12: 3.25µg (54.15%), Zinc: 6.47mg (43.15%), Vitamin B3: 8.15mg (40.74%), Phosphorus: 318.2mg (31.82%), Iron: 4.85mg (26.96%), Vitamin B6: 0.53mg (26.28%), Vitamin B2: 0.42mg (24.59%), Vitamin B1: 0.36mg (23.95%), Folate: 73.9µg (18.47%), Manganese: 0.33mg (16.65%), Potassium: 470.92mg (13.45%), Calcium: 114.45mg (11.44%), Vitamin B5: 1.04mg (10.36%), Magnesium: 37.14mg (9.28%), Copper: 0.16mg (8.1%), Vitamin E: 1.14mg (7.61%), Vitamin A: 310.29IU (6.21%), Vitamin D: 0.8µg (5.36%), Vitamin K: 5.51µg (5.25%), Fiber: 1.03g (4.14%), Vitamin C: 0.98mg (1.18%)