



## Rocky Mountain Pastrami Burger

READY IN



30 min.

SERVINGS



4

CALORIES



958 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds ground beef
- 2 teaspoons hot dog relish
- 0.3 cup catsup
- 4 servings kosher salt and cracked pepper black
- 0.5 cup mayonnaise
- 8 ounces pastrami thinly sliced
- 4 servings salt and vinegar kettle chips for serving
- 4 sesame-seed hamburger buns split toasted
- 1 tablespoon sugar

- 8 slices swiss cheese
- 1 tablespoon vinegar white

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Loosely shape the beef into 4 equal patties about 1/2-inch thick and 4 inches in diameter.
- Sprinkle each side of the patties generously with salt and pepper. Create a small well in the center of each patty, using your thumb, to help your burger cook evenly.
- Heat a griddle pan over high heat.
- Add the pastrami and cook until browned and crisp on both sides, 3 to 4 minutes.
- Transfer to a paper towel-lined plate. Next, add the burger patties and cook until browned on each side, about 4 minutes per side. Top each burger with 2 slices of the cheese and continue cooking until the cheese is melted. Slather 1 tablespoon Utah Fry Sauce on each side of the buns.
- Add the beef patties and top with pastrami and a pile of potato chips. Finish with the top bun and serve with additional chips and sauce on the side.
- Mix together the mayonnaise, ketchup, sugar, vinegar and relish in a small bowl. Adjust the seasoning to taste. Refrigerate until ready to use.

## Nutrition Facts

 **PROTEIN 22.8%**  **FAT 64.34%**  **CARBS 12.86%**

## Properties

Glycemic Index:82.27, Glycemic Load:15.65, Inflammation Score:-5, Nutrition Score:31.931738770526%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 958.2kcal (47.91%), Fat: 67.86g (104.4%), Saturated Fat: 22.88g (142.98%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 29.65g (10.78%), Sugar: 9.44g (10.49%), Cholesterol: 190.8mg (63.6%), Sodium: 1688.29mg (73.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.11g (108.23%), Vitamin B12: 5.78µg (96.39%), Selenium: 53.99µg (77.13%), Zinc: 11.4mg (75.97%), Vitamin B3: 12.09mg (60.43%), Phosphorus: 602.83mg (60.28%), Vitamin K: 51.67µg (49.21%), Calcium: 404.65mg (40.46%), Vitamin B6: 0.73mg (36.42%), Iron: 6.53mg (36.26%), Vitamin B2: 0.61mg (35.83%), Vitamin C: 20.81mg (25.22%), Vitamin B1: 0.37mg (24.46%), Potassium: 714.45mg (20.41%), Magnesium: 62.87mg (15.72%), Folate: 61.66µg (15.42%), Vitamin E: 2.15mg (14.36%), Manganese: 0.28mg (14.08%), Vitamin B5: 1.23mg (12.25%), Copper: 0.23mg (11.59%), Vitamin A: 381.95IU (7.64%), Fiber: 0.85g (3.39%), Vitamin D: 0.23µg (1.51%)