



Roy Choi's Los Angeles-Style Double Cheeseburger Recipe

READY IN



50 min.

SERVINGS



4

CALORIES



1394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 brioche hamburger buns split
- 4 boston lettuce leaves
- 8 slices cheddar cheese
- 2 pounds ground beef ()
- 4 servings hot sauce for serving
- 4 servings salt and pepper freshly ground
- 0.3 cup mayonnaise
- 2 tablespoons olive oil

- 4 slices onion red thin
- 4 sesame seed (perilla)
- 1 tablespoon sesame seed toasted
- 4 slices tomatoes thin
- 4 tablespoons butter unsalted at room temperature

Equipment

- bowl
- frying pan

Directions

- In a small bowl, mix the mayonnaise with the sesame seeds.
- Heat a large nonstick griddle or 2 nonstick skillet over moderate heat. Butter the cut sides of the hamburger buns and toast them on the griddle until golden, 4 to 5 minutes.
- Transfer to a platter. Season the patties with salt and pepper.
- Brush the griddle with the olive oil, add the patties and cook over high heat for 2 minutes. Flip the patties and cook for 2 minutes longer, then top each one with a slice of cheddar. Cook just until the cheese has melted, about 1 minute. Stack 2 burgers on each bun. Top with the lettuce, shiso, tomato and onion, then drizzle with hot sauce.
- Spread the top halves of the buns with the sesame mayo, close the burgers and serve. Note: Fresh shiso, a plant in the mint family, is available at Japanese markets. Milder-flavored sesame leaves (sometimes called perilla) are available at Korean markets. More burger recipes on Food Republic: [No-Bun Burger Recipe](#)
- [Blue Cheese-Stuffed Burger Recipe With A Crucial Secret: Zin-Onion Marmalade](#)
- [Burgers With Caramelized Onions, Jalapeño Relish And Red Pepper Mayonnaise Recipe](#)

Nutrition Facts

 PROTEIN 16.62%  FAT 71.11%  CARBS 12.27%

Properties

Glycemic Index:53, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:30.846087144769%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 1393.95kcal (69.7%), Fat: 110.06g (169.33%), Saturated Fat: 45.33g (283.34%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 41.65g (15.15%), Sugar: 1.68g (1.87%), Cholesterol: 376.61mg (125.54%), Sodium: 1077.83mg (46.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.86g (115.73%), Vitamin B12: 5.26µg (87.67%), Zinc: 11.1mg (74.01%), Selenium: 45.4µg (64.86%), Phosphorus: 555.71mg (55.57%), Vitamin K: 58.06µg (55.29%), Vitamin B3: 9.98mg (49.88%), Vitamin A: 2144.98IU (42.9%), Vitamin B6: 0.83mg (41.62%), Calcium: 374.64mg (37.46%), Iron: 6.1mg (33.9%), Vitamin B2: 0.52mg (30.57%), Potassium: 780.05mg (22.29%), Vitamin E: 3.31mg (22.09%), Magnesium: 65.06mg (16.27%), Copper: 0.3mg (15.09%), Vitamin B5: 1.39mg (13.92%), Folate: 44.95µg (11.24%), Vitamin B1: 0.16mg (10.58%), Manganese: 0.18mg (8.9%), Vitamin C: 5.36mg (6.5%), Vitamin D: 0.68µg (4.52%), Fiber: 1.08g (4.33%)