



Smothered Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound ground round
- ☐ 8 ounce pre mushrooms
- ☐ 2 cups onion vertically sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 2 teaspoons sugar
- ☐ 2 ounces swiss cheese shredded
- ☐ 4 ounce texas toast croutons
- ☐ 2 tablespoons worcestershire sauce

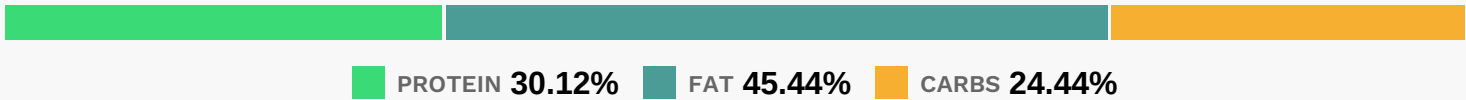
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ broiler

Directions

- ☐ Prepare grill.
- ☐ Heat a medium nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion; cover and cook 5 minutes, stirring occasionally.
- ☐ Add sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, uncovered, 5 minutes or until tender, stirring frequently.
- ☐ Remove onion from pan, and keep warm.
- ☐ Heat pan coated with cooking spray over medium-high heat.
- ☐ Add mushrooms and 1/4 teaspoon salt; saute 5 minutes or until tender.
- ☐ Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, Worcestershire sauce, and beef. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Preheat broiler.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Place bread on grill rack; grill 1 minute on each side or until toasted.
- ☐ Arrange bread on a baking sheet. Top each bread slice with 1 patty, 1/4 cup onion, 1/4 cup mushrooms, and 2 tablespoons cheese; broil 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:3.54, Inflammation Score:-5, Nutrition Score:19.511304238568%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 414.14kcal (20.71%), Fat: 20.98g (32.28%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 22.69g (8.25%), Sugar: 8.78g (9.76%), Cholesterol: 86.89mg (28.96%), Sodium: 802.25mg (34.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.58%), Vitamin B12: 2.96µg (49.28%), Zinc: 6.5mg (43.35%), Iron: 7.74mg (43.01%), Selenium: 28.83µg (41.19%), Vitamin B3: 7.96mg (39.81%), Phosphorus: 367.47mg (36.75%), Vitamin B6: 0.58mg (29.2%), Vitamin B2: 0.48mg (28.31%), Potassium: 742.63mg (21.22%), Calcium: 170.36mg (17.04%), Vitamin B5: 1.69mg (16.86%), Copper: 0.32mg (16.03%), Fiber: 2.7g (10.8%), Magnesium: 42mg (10.5%), Vitamin C: 8.22mg (9.96%), Vitamin B1: 0.14mg (9.21%), Manganese: 0.17mg (8.75%), Folate: 33.64µg (8.41%), Vitamin E: 0.48mg (3.19%), Vitamin A: 127.33IU (2.55%), Vitamin K: 1.92µg (1.83%), Vitamin D: 0.23µg (1.51%)