



## Spaghetti Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup basil fresh thinly sliced for topping
- 0.3 cup parsley fresh
- 5 cloves garlic smashed
- 1.3 pounds ground beef chuck
- 4 hamburger buns split
- 4 servings kosher salt
- 4 servings kosher salt and pepper freshly ground
- 4 slices mozzarella cheese
- 1 tablespoon olive oil extra-virgin

- 0.5 small onion cut into chunks
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.8 cup parmesan cheese grated
- 4 ounces pasta like spaghetti
- 1 cup tomato sauce warmed for dipping
- 4 servings vegetable oil for frying

## Equipment

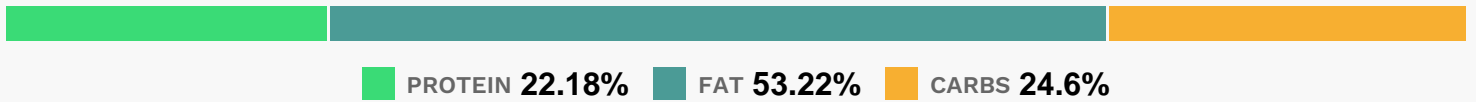
- food processor
- bowl
- baking sheet
- paper towels
- oven
- kitchen thermometer
- broiler
- dutch oven

## Directions

- Brush a baking sheet with vegetable oil.
- Heat 2 to 3 inches vegetable oil in a Dutch oven until a deep-fry thermometer registers 365 degrees F. Meanwhile, bring a medium pot of salted water to a boil.
- Add the pasta to the boiling water and cook as the package directs, then drain.
- Spread in an even layer on the prepared baking sheet and let cool.
- Cut the cooked spaghetti into short pieces and fry in batches, turning once, until golden, 30 seconds to 1 minute.
- Drain on paper towels and sprinkle with the parmesan and salt.
- Make the burgers: Preheat the broiler. Pulse the onion, 4 garlic cloves, 1/2 cup basil and the parsley in a food processor until finely chopped.

- Transfer to a bowl and add the ground beef, 1/2 cup each parmesan and tomato sauce, the oregano, 1/2 teaspoon salt, and pepper to taste.
- Mix with your hands until combined and form into four 1-inch-thick patties.
- Transfer to a rimmed baking sheet.
- Broil the patties, turning once, until browned and just cooked through, 6 to 8 minutes. Top each patty with a slice of mozzarella and 2 tablespoons of the remaining tomato sauce. Return to the broiler until the cheese melts, about 30 seconds.
- Place the buns split-side up on another baking sheet and toast under the broiler until just golden, 1 to 2 minutes.
- Brush the toasted sides lightly with the olive oil, rub with the remaining garlic clove and sprinkle with the remaining 1/4 cup parmesan. Return to the broiler until the cheese melts, about 30 seconds.
- Place each patty on a bun bottom and top with some sliced basil and a bun top.
- Serve with the spaghetti fries and warm tomato sauce for dipping.
- Photograph by Charles Masters

## Nutrition Facts



### Properties

Glycemic Index:85, Glycemic Load:23.2, Inflammation Score:-9, Nutrition Score:34.303043500237%

### Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

### Nutrients (% of daily need)

Calories: 858.28kcal (42.91%), Fat: 50.37g (77.5%), Saturated Fat: 19.87g (124.21%), Carbohydrates: 52.4g (17.47%), Net Carbohydrates: 49.19g (17.89%), Sugar: 6.85g (7.61%), Cholesterol: 144.77mg (48.26%), Sodium: 1605.55mg (69.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.24g (94.48%), Selenium: 65.42µg (93.46%), Vitamin K: 91.85µg (87.48%), Vitamin B12: 4.1µg (68.38%), Phosphorus: 609.18mg (60.92%), Zinc: 8.82mg (58.8%), Calcium: 493.59mg (49.36%), Vitamin B3: 9.06mg (45.31%), Manganese: 0.75mg (37.38%), Vitamin B6: 0.69mg

(34.31%), Vitamin B2: 0.58mg (33.87%), Iron: 6.04mg (33.53%), Vitamin B1: 0.37mg (24.44%), Potassium: 811.7mg (23.19%), Vitamin A: 1156.59IU (23.13%), Magnesium: 79.58mg (19.9%), Folate: 75.14µg (18.79%), Vitamin E: 2.67mg (17.82%), Copper: 0.33mg (16.7%), Vitamin C: 12.2mg (14.79%), Fiber: 3.21g (12.85%), Vitamin B5: 1.2mg (12.03%), Vitamin D: 0.38µg (2.53%)