



Steakhouse Burger

 Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 burger buns soft (but dense)
- ☐ 6 servings caramelized onions for recipe (see notes)
- ☐ 6 servings mushroom reduction for recipe (see notes)
- ☐ 0.5 cup steak sauce for recipe, or use bottled (see notes)
- ☐ 6 steakhouse burger patties for recipe (made from rib-eye, see notes)

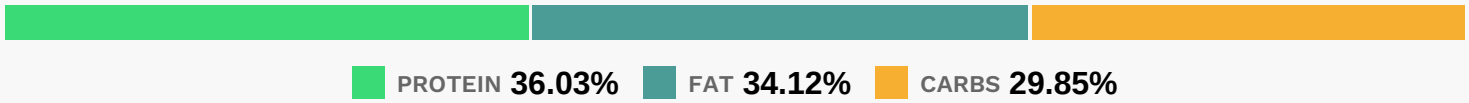
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Remove the steak burgers from the refrigerator and set aside for about 15 minutes.
Meanwhile, heat the grill.Halve the burger buns and brush the bottoms with steak sauce.Grill the burgers, brushing the tops with steak sauce after they are flipped. Just before the burgers are finished, add the buns to lightly toast. When the burgers are done, remove and rest under aluminum foil for about 10 minutes.
- ☐ Add a large scoop of mushrooms to the bottom of each bun.
- ☐ Place a burger over the mushrooms and top with caramelized onions, then the bun top.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:13.19, Inflammation Score:-3, Nutrition Score:6.4856522540845%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 387.55kcal (19.38%), Fat: 13.87g (21.34%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 25.97g (9.44%), Sugar: 5.72g (6.35%), Cholesterol: 107.84mg (35.95%), Sodium: 672.38mg (29.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.91%), Iron: 3.23mg (17.95%), Selenium: 12.02µg (17.17%), Vitamin B1: 0.25mg (16.53%), Manganese: 0.29mg (14.59%), Folate: 45.01µg (11.25%), Vitamin B3: 2.03mg (10.15%), Calcium: 96.01mg (9.6%), Vitamin B2: 0.15mg (8.61%), Phosphorus: 55.13mg (5.51%), Fiber: 1.33g (5.34%), Copper: 0.09mg (4.65%), Potassium: 138.9mg (3.97%), Vitamin A: 193.14IU (3.86%), Magnesium: 14.82mg (3.71%), Vitamin C: 3.03mg (3.67%), Vitamin B6: 0.07mg (3.34%), Zinc: 0.41mg (2.74%), Vitamin K: 2.56µg (2.43%), Vitamin E: 0.35mg (2.32%), Vitamin B12: 0.09µg (1.44%)