



Stilton Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 pound ground sirloin
- ☐ 8 ounce hamburger rolls split french
- ☐ 4 leaf lettuce leaves green
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons onion grated
- ☐ 12 ounces onion sliced
- ☐ 0.3 teaspoon salt divided

- ☐ 0.3 cup stilton cheese crumbled
- ☐ 1 inch tomatoes
- ☐ 2 tablespoons worcestershire sauce

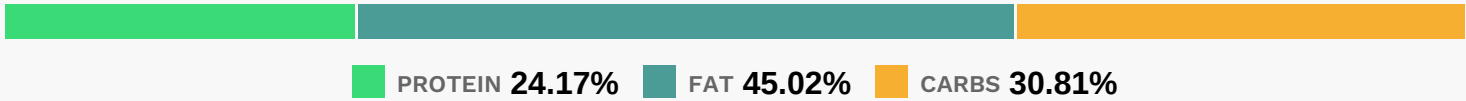
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan.
- ☐ Add sliced onion and 1/8 teaspoon salt; cook 18 minutes or until golden, stirring occasionally.
- ☐ Combine 1/8 teaspoon salt, beef, and next 4 ingredients; toss gently. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Top each patty with 1 tablespoon cheese during last 2 minutes of cooking.
- ☐ Place rolls, cut sides down, on grill rack; grill for 1 minute.
- ☐ Place bottom halves of rolls on 4 plates; top each serving with 1 lettuce leaf, 1 tomato slice, 1 patty, 1/4 cup onion mixture, and 1 roll top.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:19.08, Inflammation Score:-6, Nutrition Score:20.837391480156%

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: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

Nutrients (% of daily need)

Calories: 517.09kcal (25.85%), Fat: 25.57g (39.34%), Saturated Fat: 10.21g (63.82%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 36.77g (13.37%), Sugar: 8.91g (9.9%), Cholesterol: 88.2mg (29.4%), Sodium: 785.05mg (34.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Selenium: 36.2µg (51.71%), Vitamin B12: 2.75µg (45.91%), Zinc: 6.08mg (40.52%), Vitamin B3: 7.98mg (39.88%), Phosphorus: 342.45mg (34.25%), Vitamin B6: 0.58mg (29.04%), Iron: 5.05mg (28.08%), Vitamin B1: 0.41mg (27.41%), Vitamin B2: 0.44mg (25.61%), Manganese: 0.48mg (23.95%), Calcium: 210.06mg (21.01%), Folate: 83.74µg (20.94%), Potassium: 651.36mg (18.61%), Magnesium: 47.65mg (11.91%), Vitamin C: 9.15mg (11.09%), Fiber: 2.62g (10.48%), Copper: 0.2mg (10.1%), Vitamin B5: 1mg (10.01%), Vitamin K: 7.64µg (7.27%), Vitamin E: 0.93mg (6.2%), Vitamin A: 201.72IU (4.03%), Vitamin D: 0.19µg (1.25%)