



## Stuffed Bison Burgers with Caramelized Figs and Shallots

READY IN



72 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup bread crumbs soft
- 2 tablespoons butter
- 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 cup figs dried chopped
- 1 eggs lightly beaten
- 4 slices bread french toasted
- 1 tablespoon thyme leaves fresh chopped

- 2 cloves garlic minced
- 2 pounds ground bison
- 4 slices gruyère cheese
- 1 teaspoon honey
- 2 tablespoons milk
- 0.5 teaspoon salt
- 0.5 cup shallots thinly sliced
- 2 tablespoons worcestershire sauce

## Equipment

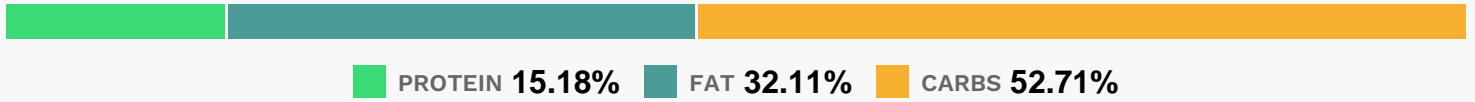
- bowl
- frying pan
- sauce pan
- grill

## Directions

- Bring pomegranate juice just to boiling over medium-high heat in a small saucepan.
- Add figs.
- Remove pan from heat and let stand for 15 minutes.
- Drain figs; set aside.
- For filling, melt butter over medium-high heat in a large skillet. Cook shallots in hot butter for 3 to 5 minutes or until shallots are tender. Stir in drained figs and honey. Reduce heat to low. Cook, stirring occasionally, for 6 to 8 more minutes or until shallots are golden brown. Stir in thyme. Cool slightly.
- Combine egg, ground bison, bread crumbs, Worcestershire sauce, milk, garlic, salt, and pepper in a large bowl. Shape mixture into 8 patties. Spoon filling evenly onto half of bison patties to 1/2-inch of edges. Top with remaining bison patties; pinch edges to seal.
- For charcoal grill, arrange preheated coals around a drip pan. Test for medium heat above pan.

- Place bison patties over drip pan on grill rack. Cover and grill for 16 to 22 minutes or until done (160 degrees F), turning once halfway through. (For gas grill, preheat grill. Reduce heat to medium. Adjust for indirect grilling. Grill as above.) Top with cheese. Cover; cook 1 to 2 minutes more or until cheese melts.
- Serve bison patties open face on French bread slices.

## Nutrition Facts



### Properties

Glycemic Index:97.19, Glycemic Load:31.06, Inflammation Score:-9, Nutrition Score:19.687391436618%

### Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

### Nutrients (% of daily need)

Calories: 504.27kcal (25.21%), Fat: 18.34g (28.21%), Saturated Fat: 9.88g (61.78%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 62.85g (22.86%), Sugar: 25.28g (28.09%), Cholesterol: 87.67mg (29.22%), Sodium: 1110.8mg (48.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.51g (39.01%), Calcium: 413.2mg (41.32%), Selenium: 28.58µg (40.83%), Vitamin B1: 0.6mg (39.88%), Manganese: 0.72mg (35.96%), Phosphorus: 325.36mg (32.54%), Folate: 122.36µg (30.59%), Vitamin B2: 0.49mg (29.06%), Iron: 4.67mg (25.94%), Vitamin B3: 4.01mg (20.03%), Fiber: 4.86g (19.43%), Potassium: 584.84mg (16.71%), Zinc: 2.4mg (16.02%), Magnesium: 63.59mg (15.9%), Vitamin B6: 0.29mg (14.75%), Copper: 0.26mg (12.89%), Vitamin A: 605.64IU (12.11%), Vitamin K: 12.13µg (11.55%), Vitamin B12: 0.62µg (10.37%), Vitamin B5: 0.98mg (9.76%), Vitamin C: 7.04mg (8.53%), Vitamin E: 0.82mg (5.5%), Vitamin D: 0.47µg (3.14%)