

food
network



HEALTH SCORE

52%

Stuffed Roasted Garlic Paste and Blue Cheese Hamburgers

READY IN



70 min.

SERVINGS



4

CALORIES



1171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese blue
- ☐ 1 loaf top good cut into 4 sections
- ☐ 1 pound garlic cloves store bought peeled
- ☐ 2 pounds ground beef
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings sea salt black freshly ground
- ☐ 4 servings gray sea salt and pepper freshly ground

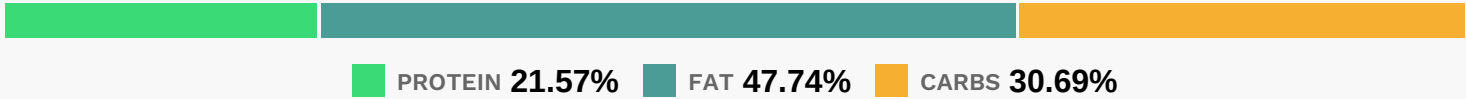
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ stove

Directions

- ☐ Preheat the grill. In a bowl, mix the meat. Form 4 (3-ounce patties) by using a scoop. Push them down and make little indentations in the middle to hold the flavors.
- ☐ Place a teaspoon of garlic paste in the middle of each patty and add a little chunk of blue cheese tucked right on top of the garlic paste.
- ☐ Add a good twist of black pepper. Take another 3 ounce scoop of meat, make it flat in your hand and place right on top of the other half.
- ☐ Take your fingers and just seal the 2 patties up and refrigerate until you are ready to grill.
- ☐ Meanwhile: Split the pieces of bread, and pull out some of the soft center to make a hole for the burger.
- ☐ Place the bread face down on the grill to toast.
- ☐ Place the burger in the bread, and top with your favorite condiments.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat an ovenproof saucepan on the stovetop. When it's hot, add the extra-virgin olive oil. Next, add the cloves and season with salt and pepper.
- ☐ Let the cloves begin to caramelize, then put the pan in the preheated oven.
- ☐ Roast cloves in the oven for about 30 minutes or until they are nicely browned. (Starting the garlic on the stove will save at least 20 minutes of roasting time).
- ☐ Let cool.
- ☐ When cool enough to handle easily, put the roasted garlic into a small bowl, mash with a fork and add oil from the pan until a paste forms. Store, tightly covered, in the refrigerator, for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:50.76, Inflammation Score:-8, Nutrition Score:48.190869528314%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 1170.91kcal (58.55%), Fat: 62.36g (95.94%), Saturated Fat: 24.39g (152.43%), Carbohydrates: 90.2g (30.07%), Net Carbohydrates: 85.59g (31.13%), Sugar: 5.9g (6.56%), Cholesterol: 183.53mg (61.18%), Sodium: 1312.15mg (57.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.38g (126.77%), Manganese: 2.46mg (122.93%), Selenium: 83.08µg (118.68%), Vitamin B6: 2.3mg (114.79%), Vitamin B12: 5.22µg (86.99%), Zinc: 12.64mg (84.23%), Vitamin B3: 15.51mg (77.54%), Phosphorus: 753.1mg (75.31%), Vitamin B1: 1.04mg (69.54%), Vitamin B2: 1mg (58.95%), Iron: 10.37mg (57.62%), Calcium: 457.09mg (45.71%), Vitamin C: 35.38mg (42.89%), Folate: 153.09µg (38.27%), Potassium: 1262.3mg (36.07%), Copper: 0.64mg (32.14%), Vitamin B5: 2.67mg (26.68%), Magnesium: 105.98mg (26.5%), Fiber: 4.61g (18.43%), Vitamin E: 2.08mg (13.89%), Vitamin K: 10.84µg (10.33%), Vitamin A: 239.65IU (4.79%), Vitamin D: 0.38µg (2.51%)