



## Summer Feta Burger with Gourmet Cheese Spread

READY IN



40 min.

SERVINGS



8

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce cream cheese softened
- 1 eggs
- 2 tablespoons olive oil extra virgin
- 1.5 cups feta crumbled
- 2 tablespoons basil fresh chopped
- 1 tablespoon optional: dill fresh chopped
- 1 clove garlic minced
- 1.8 pounds ground beef

- 1 teaspoon fresh-ground pepper black
- 0.3 pound sausage meat
- 1 large heirloom tomatoes sliced
- 8 leaves lettuce leaves green
- 1 medium onion red sliced
- 0.3 cup red wine
- 1 teaspoon salt
- 8 kaiser rolls split

## Equipment

- bowl
- frying pan
- grill

## Directions

- In a medium bowl, combine cream cheese, 1 clove minced garlic, basil, and dill. Cover and set aside.
- Heat the olive oil in a medium skillet over medium heat and cook 1 clove minced garlic and onion for 4 to 6 minutes, or until translucent.
- Remove from heat and allow to cool.
- Preheat an outdoor grill for high heat and lightly oil grate.
- While the grill is heating, gently mix together the cooked garlic and onion, ground beef, pork sausage, feta cheese, red wine, egg, salt, and pepper in a large bowl. Do not over work the meat mixture. Divide into 8 equal parts and form into patties.
- Grill patties on preheated grill for 5 to 10 minutes per side, until well done. Toast the split buns on the grill for 1 to 2 minutes. Assemble the burgers by spreading 1 1/2 tablespoon of the cheese and herb spread to both the top and bottom of each roll.
- Place patties on the bottom half of the rolls and stack a slice of tomato, sliced red onion, and a leaf of lettuce on each burger.
- Add the roll tops and serve.

# Nutrition Facts

PROTEIN 18.26% FAT 59.72% CARBS 22.02%

## Properties

Glycemic Index:47.75, Glycemic Load:24.29, Inflammation Score:-6, Nutrition Score:19.230869334677%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 698.36kcal (34.92%), Fat: 45.7g (70.31%), Saturated Fat: 19g (118.74%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 36.24g (13.18%), Sugar: 6.66g (7.4%), Cholesterol: 154.78mg (51.59%), Sodium: 1159.79mg (50.43%), Alcohol: 0.8g (100%), Alcohol %: 0.34% (100%), Protein: 31.44g (62.88%), Iron: 13.25mg (73.6%), Vitamin B12: 2.83µg (47.17%), Zinc: 5.56mg (37.1%), Selenium: 23.39µg (33.41%), Phosphorus: 324.66mg (32.47%), Vitamin B2: 0.5mg (29.67%), Vitamin B6: 0.55mg (27.72%), Vitamin B3: 5.35mg (26.76%), Calcium: 204.15mg (20.41%), Vitamin A: 835.37IU (16.71%), Potassium: 457.73mg (13.08%), Vitamin B5: 1.16mg (11.59%), Vitamin K: 10.7µg (10.19%), Vitamin B1: 0.15mg (10.05%), Vitamin E: 1.42mg (9.5%), Magnesium: 33.19mg (8.3%), Folate: 28.17µg (7.04%), Fiber: 1.66g (6.66%), Manganese: 0.12mg (6.23%), Copper: 0.11mg (5.73%), Vitamin C: 4.57mg (5.55%), Vitamin D: 0.51µg (3.37%)