



Sun-Dried-Tomato Burgers with Balsamic-Glazed Onions

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 tablespoons basil dried
- ☐ 3 pounds ground beef
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon pepper black
- ☐ 8 hawaiian rolls toasted
- ☐ 0.5 cup onion grated

- ☐ 3 onion halved thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sun-dried olives packed in oil, 6 tablespoons oil reserved drained chopped

Equipment

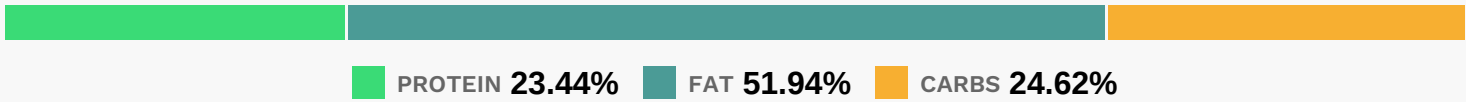
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Line large baking sheet with parchment paper.
- ☐ Mix ground beef, chopped sun-dried tomatoes, 2 tablespoons reserved tomato oil, grated onion, dried basil, ground cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper in large bowl. Form mixture into 8 patties.
- ☐ Transfer patties to prepared baking sheet. Cover with plastic wrap and refrigerate at least 1 hour. (Can be prepared 4 hours ahead. Keep chilled.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Heat remaining 4 tablespoons reserved tomato oil in heavy large skillet over medium-high heat.
- ☐ Add sliced onions and sauté until soft and starting to brown, about 10 minutes.
- ☐ Add balsamic vinegar.
- ☐ Sprinkle with salt and pepper. Simmer until onions are deep brown, stirring occasionally, about 10 minutes.
- ☐ Remove from heat. (Can be prepared 1 hour ahead.)
- ☐ Let stand at room temperature. Wrap in foil and reheat on grill 10 minutes before serving.)
- ☐ Grill burgers until cooked through, about 5 minutes per side.

Place 1 burger on bottom half of each bun. Top with onions and bun tops and serve.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:17.02, Inflammation Score:-6, Nutrition Score:28.723912949147%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.4mg, Quercetin: 10.4mg, Quercetin: 10.4mg, Quercetin: 10.4mg

Nutrients (% of daily need)

Calories: 632.36kcal (31.62%), Fat: 36.47g (56.11%), Saturated Fat: 13.55g (84.71%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 34.36g (12.49%), Sugar: 13.43g (14.92%), Cholesterol: 120.77mg (40.26%), Sodium: 497.22mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.07%), Vitamin B12: 3.73µg (62.1%), Selenium: 38.55µg (55.07%), Vitamin B3: 10.8mg (54.02%), Zinc: 8.01mg (53.43%), Iron: 8.29mg (46.07%), Manganese: 0.84mg (42.09%), Phosphorus: 400.53mg (40.05%), Vitamin K: 39.06µg (37.2%), Potassium: 1273.56mg (36.39%), Vitamin B6: 0.72mg (36.07%), Vitamin B2: 0.5mg (29.57%), Vitamin B1: 0.43mg (28.76%), Copper: 0.47mg (23.49%), Magnesium: 93.06mg (23.27%), Folate: 79.24µg (19.81%), Fiber: 4.53g (18.14%), Calcium: 165.27mg (16.53%), Vitamin C: 11.59mg (14.05%), Vitamin B5: 1.31mg (13.13%), Vitamin E: 1mg (6.69%), Vitamin A: 179.54IU (3.59%), Vitamin D: 0.17µg (1.13%)