



## Sunny's Garlic Ranch Burger

READY IN



45 min.

SERVINGS



6

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings pepper black freshly ground
- 3 cloves garlic grated very finely chopped
- 2.5 pounds ground beef
- 6 multi-grain hamburger buns
- 1 head iceberg lettuce
- 10.5 teaspoons kosher salt
- 2 tablespoons olive oil
- 3 scallions chopped (green onions)
- 6 slices swiss cheese

- 2 to 3 tomatoes sliced
- 2 teaspoons worcestershire sauce

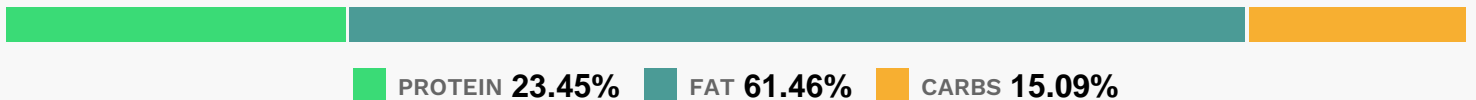
## Equipment

- bowl
- aluminum foil
- grill pan

## Directions

- Season and rest the beef. In a large bowl, using your hands mix together beef, Worcestershire, scallions (green onions) and garlic, seasoning well with salt and pepper. Make 6 even patties and drizzle oil on both sides. Rest room temperature for 1 hour.
- Cook the burgers.
- Heat a large grill pan over medium-high heat. Sear patties until golden brown on the bottom then flip and sear until cooked through, about 5 minutes per side.
- Add cheese 1 minute before removing and allow to melt. Cook in batches, if necessary.
- Top with cheese and rest.
- Remove all patties to a plate and place Swiss cheese on each patty. Cover lightly with aluminum foil and to rest 5 minutes before assembling.
- Serve inside hamburger buns topped with lettuce, tomato and Hidden Valley for Everything Topping and Dip.

## Nutrition Facts



## Properties

Glycemic Index:42.17, Glycemic Load:14.11, Inflammation Score:-7, Nutrition Score:28.941739320755%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin:

0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

## Nutrients (% of daily need)

Calories: 733.99kcal (36.7%), Fat: 49.65g (76.38%), Saturated Fat: 18.63g (116.46%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 24.88g (9.05%), Sugar: 6.33g (7.04%), Cholesterol: 150mg (50%), Sodium: 4478.45mg (194.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.63g (85.25%), Vitamin B12: 4.64µg (77.4%), Selenium: 45.53µg (65.04%), Zinc: 9.22mg (61.45%), Vitamin B3: 10.21mg (51.04%), Phosphorus: 473.3mg (47.33%), Vitamin K: 46.03µg (43.84%), Vitamin B6: 0.74mg (37.13%), Iron: 5.93mg (32.96%), Vitamin B2: 0.5mg (29.32%), Calcium: 279.69mg (27.97%), Vitamin B1: 0.38mg (25.1%), Potassium: 839.45mg (23.98%), Manganese: 0.47mg (23.73%), Folate: 91.44µg (22.86%), Vitamin A: 996.11IU (19.92%), Magnesium: 60.54mg (15.13%), Vitamin E: 2.08mg (13.9%), Vitamin C: 10.55mg (12.78%), Copper: 0.23mg (11.74%), Vitamin B5: 1.15mg (11.55%), Fiber: 2.56g (10.23%), Vitamin D: 0.19µg (1.26%)