



Tapenade-Filled Burgers

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 2.3 pound ground beef lean
- 9 tablespoons olive tapenade green black (sometimes labeled "olive paste")
- 0.8 teaspoon salt
- 6 hawaiian rolls toasted

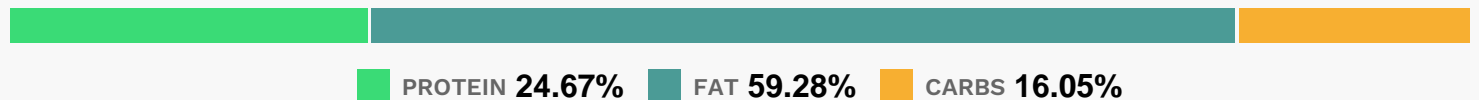
Equipment

- grill
- grill pan

Directions

- Divide beef into 6 portions. Divide 1 portion in half, then flatten 1 half into a 4-inch patty and form a 1/4-inch rim around patty.
- Spread 1 1/2 tablespoons of tapenade onto patty within rim. Flatten remaining half into a 4-inch patty, then lay on top of tapenade-covered half and pinch edges together to seal. Pat side to form a straight-sided edge and transfer to a large tray. Make 5 more tapenade patties in same manner and transfer to tray, then refrigerate patties, covered, until ready to grill.
- Prepare grill for cooking over direct heat with medium-hot charcoal (moderately high heat for gas); see "Grilling Procedure."
- Sprinkle patties on both sides with salt and pepper. Lightly oil grill rack, then grill patties (covered only if using a gas grill), turning over once, 3 minutes total for medium-rare. (Burgers will continue to cook slightly after being removed from grill.)
- Spread mayonnaise and mustard on buns, then assemble burgers with onion, pickles, and romaine.
- Patties can be assembled up to 8 hours ahead and chilled, covered.· If you can't grill outdoors, patties can be cooked on a lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat, turning over once, 4 minutes total for medium-rare.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:12.92, Inflammation Score:-2, Nutrition Score:18.86782607258%

Nutrients (% of daily need)

Calories: 552.85kcal (27.64%), Fat: 35.71g (54.94%), Saturated Fat: 13.42g (83.86%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 20.9g (7.6%), Sugar: 3.13g (3.48%), Cholesterol: 120.77mg (40.26%), Sodium: 617.14mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.44g (66.88%), Vitamin B12: 3.73µg (62.1%), Selenium: 37.23µg (53.18%), Zinc: 7.43mg (49.52%), Vitamin B3: 8.99mg (44.96%), Phosphorus: 312.71mg (31.27%), Vitamin B6: 0.58mg (28.87%), Iron: 4.81mg (26.72%), Vitamin B2: 0.38mg (22.36%), Vitamin B1: 0.31mg (20.47%), Manganese: 0.3mg (14.9%), Potassium: 516.21mg (14.75%), Folate: 52.38µg (13.1%), Magnesium: 39.38mg (9.85%), Calcium: 94.19mg (9.42%), Vitamin B5: 0.86mg (8.59%), Copper: 0.16mg (7.76%), Vitamin E: 0.82mg (5.45%), Vitamin K: 5.67µg (5.4%), Fiber: 0.86g (3.43%), Vitamin D: 0.17µg (1.13%)