



The

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 1.3 pounds ground beef
- ☐ 16 inch hamburger buns
- ☐ 4 servings oil for frying
- ☐ 16 slices hamburger pickles
- ☐ 4 slices tomatoes
- ☐ 2 cups water cold
- ☐ 0.5 cup onions white chopped

- ☐ 2 bags batter mix (recommended: Joes Famous Batter Mix)

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat deep-fryer to 350 degrees F.
- ☐ Place frying pan or flat top grill over medium-high setting.
- ☐ Grab a medium size mixing bowl, and a whisk.
- ☐ Add 2 cups of cold water in mixing bowl and empty the contents of the batter mix in with water and mix together until batter is of pancake batter consistency.
- ☐ Take the ground chuck and shape it into 4 (1/3-pound) patties. Then grill on flat top or pan fry to your desired internal temperature. When burger is cooked remove the patties from pan or grill and set aside.
- ☐ Take hamburger buns and open them up and set them on the counter so that the insides are facing up.
- ☐ Place 1 piece of cheese on top of each side of all hamburger buns facing up. Sprinkle diced onions on all bottom pieces. Then place 1 slice of tomato on the cheese on the top buns. Then put 4 slices of hamburger pickles on top of each tomato slice. Gently put the cooked hamburger patty on top of either of the buns and smash both the top and bottom buns together. The tighter the better!
- ☐ Take the hamburger and insert into the mixing bowl with batter and surround burger with batter.
- ☐ Place evenly coated burger bun with ingredients and burger patty into fryer.
- ☐ Remove burgers when outside coating of batter is a golden brown color.
- ☐ Serve with desired side item.

Nutrition Facts



 **PROTEIN 22.13%**  **FAT 64.88%**  **CARBS 12.99%**

Properties

Glycemic Index:38.5, Glycemic Load:4.15, Inflammation Score:-9, Nutrition Score:35.827825774317%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 682.05kcal (34.1%), Fat: 49.53g (76.2%), Saturated Fat: 19.98g (124.89%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 15.27g (5.55%), Sugar: 11.18g (12.43%), Cholesterol: 149.35mg (49.78%), Sodium: 5872.23mg (255.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.04%), Vitamin K: 112.67µg (107.31%), Calcium: 826.39mg (82.64%), Vitamin B12: 3.89µg (64.77%), Phosphorus: 629.85mg (62.99%), Zinc: 8.21mg (54.76%), Selenium: 34.03µg (48.61%), Vitamin B2: 0.72mg (42.13%), Vitamin B6: 0.77mg (38.69%), Vitamin B3: 7.71mg (38.54%), Potassium: 1263.66mg (36.1%), Vitamin A: 1756.91IU (35.14%), Vitamin B1: 0.44mg (29.14%), Iron: 5.09mg (28.26%), Fiber: 7.05g (28.19%), Vitamin C: 18.33mg (22.22%), Magnesium: 88.51mg (22.13%), Manganese: 0.44mg (21.83%), Folate: 80.94µg (20.24%), Copper: 0.33mg (16.32%), Vitamin E: 2.37mg (15.78%), Vitamin B5: 1.29mg (12.87%), Vitamin D: 0.4µg (2.69%)