



## The BA Burger Deluxe

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 slices processed cheese food
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds ground beef 20% ( fat)
- ☐ 1.3 teaspoons kosher salt
- ☐ 4 potato buns (such as Martin's or Oroweat)

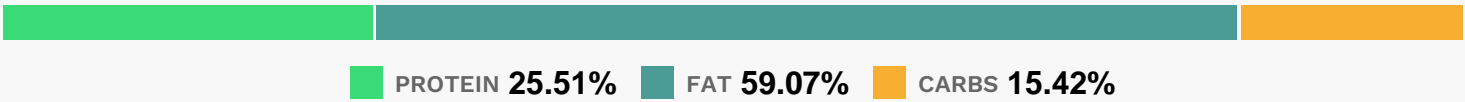
## Equipment

- ☐ grill
- ☐ spatula

# Directions

- ☐ Divide meat into 4 equal portions(about 6 ounces each).
- ☐ Place 1 portion ona work surface. Cup your handsaround the meat and begin to gentlyshape it into a rounded mound. (Uselight pressure as you shape so youdon't pack the meat too tightly.)Lightly press down on the top ofthe meat with your palm to gentlyflatten it. Continue rotating andcupping the meat, patting the top ofit occasionally, until you've formeda 4"-diameter, 3/4"-thick patty. Usingyour thumb, make a small indentationin the center to help keep the burgerflat as it cooks.
- ☐ Transfer to a plate.Repeat with remaining portions.
- ☐ Build a medium-hot fire in acharcoal grill, or heat a gas grillto high. Season one side of pattieswith salt and pepper; place on grill,seasoned side down. Grill untillightly charred on bottom, about4 minutes. Season other side,turn, and top with cheese. Grill todesired doneness, about 4 minuteslonger for medium.
- ☐ Transfer burgersto buns and let stand for 3 minutesbefore serving.
- ☐ Hard-Pressed No More
- ☐ Spatulas were made for flipping, not pressing on the patty. Hear that hissing sound when you do? That's all the flavorful juices dripping on the coals—they belong in the burger.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:21.094782539036%

## Nutrients (% of daily need)

Calories: 640.43kcal (32.02%), Fat: 42.19g (64.9%), Saturated Fat: 16.85g (105.29%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.72g (8.62%), Sugar: 5.46g (6.06%), Cholesterol: 141.77mg (47.26%), Sodium: 1371.31mg (59.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.99g (81.98%), Vitamin B12: 3.96µg (65.92%), Zinc: 7.64mg (50.92%), Vitamin B3: 10.18mg (50.88%), Selenium: 29.77µg (42.53%), Phosphorus: 403.76mg (40.38%), Calcium: 401.61mg (40.16%), Iron: 5.26mg (29.25%), Vitamin B6: 0.56mg (28.07%), Vitamin B2: 0.47mg (27.7%), Vitamin B1: 0.38mg (25.24%), Folate: 93.13µg (23.28%), Potassium: 490.45mg (14.01%), Vitamin B5: 0.94mg (9.42%), Magnesium: 34.82mg (8.71%), Copper: 0.12mg (5.87%), Vitamin E: 0.87mg (5.79%), Fiber: 1.07g (4.28%), Vitamin A: 199.82IU (4%), Vitamin K: 4.02µg (3.83%), Manganese: 0.06mg (2.97%), Vitamin D: 0.3µg

(1.97%)