




 **58%**
HEALTH SCORE


The Big Marc

READY IN




155 min.

SERVINGS



6

CALORIES



2465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 48 slices bread and butter pickles
- 2 tablespoons canola oil
- 2 tablespoons dijon mustard
- 4 eggs
- 4 cups flour all-purpose
- 1.5 ounces yeast fresh
- 1 head garlic
- 2.5 pounds ground beef
- 1.5 cups catsup

- 1 cup mayonnaise
- 6 servings olive oil
- 1 ounce freshly cracked pepper black
- 1.5 teaspoons salt
- 6 servings salt and pepper black freshly ground
- 8 ounces cheddar shredded
- 0.5 cup sugar
- 3 ounces butter unsalted melted
- 4 ounces butter unsalted melted plus more for greasing
- 0.7 cup vodka
- 1 cup warm water

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- grill
- aluminum foil
- stand mixer
- kitchen towels

Directions

- For the buns: Stir the water, yeast and sugar together to activate the yeast. (You can tell when the yeast is activated—little bubbles will have formed, which will take a minute or two.)
- Add the melted butter and 3 of the eggs and mix until incorporated.

- Add 4 cups flour and the salt to the bowl of a stand mixer fitted with the dough hook attachment.
- Mix together on low speed, then stop and add the wet ingredients. Continue to mix until the dough is very smooth, about 5 minutes. You may want to add a little bit more flour as you mix; the dough should be sticky but workable.
- Transfer the dough to a bowl. Cover the bowl with a kitchen towel, place in warm area and let rise until the dough has doubled in size, about 30 minutes.
- After the dough has proofed (risen), turn it out onto a lightly-floured countertop and knead in the Cheddar and black pepper. Try not to overwork the dough; once the cheese is mixed in you can stop.
- Cut the dough into six equal portions and shape them into round balls.
- Place on a buttered baking sheet and flatten them with your hand.
- Cover and let rise again in a warm area until they have doubled in size, about 30 minutes more. When they are almost doubled in size, preheat the oven to 350 degrees F.
- Beat the remaining egg in a small bowl and brush the tops of the rolls with the egg.
- Bake until golden brown, rotating halfway through, 10 to 15 minutes. Cool on a wire rack.
- For the ketchup: Turn the oven down to 250 degrees F.
- Cut the garlic in half crosswise and sprinkle with olive oil, salt and pepper. Wrap in foil and roast until soft, 35 to 40 minutes.
- Remove the garlic from the skins and mix into a paste. Reserve 1 tablespoon for the ketchup, and use remaining garlic for another use.
- Whisk together the mayonnaise, mustard and roasted garlic in a bowl.
- Add the ketchup and vodka and mix until incorporated. This will keep for up to 6 days in the refrigerator.
- Heat a skillet over high heat or heat an outdoor grill to high.
- Sprinkle the patties with salt and pepper. Coat with the oil and sear or grill until medium rare, 3 to 5 minutes per side.
- Slice the buns in half horizontally and brush with the melted butter. Toast in the skillet or on the grill. Arrange 8 pickle slices on each bottom bun and place a hamburger on top. Slather 1 to 2 tablespoons of spiked ketchup over the burger and set the top bun in place.
- Serve immediately with the remaining spiked ketchup on the side.

Nutrition Facts

PROTEIN 13.35% FAT 51.7% CARBS 34.95%

Properties

Glycemic Index:70.29, Glycemic Load:116.21, Inflammation Score:-10, Nutrition Score:65.498695643052%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 2465.26kcal (123.26%), Fat: 138.42g (212.96%), Saturated Fat: 48.11g (300.69%), Carbohydrates: 210.58g (70.19%), Net Carbohydrates: 197.08g (71.66%), Sugar: 43.09g (47.88%), Cholesterol: 367.9mg (122.63%), Sodium: 2904.52mg (126.28%), Alcohol: 8.91g (100%), Alcohol %: 1.38% (100%), Protein: 80.4g (160.8%), Selenium: 145.7µg (208.14%), Manganese: 4.06mg (203.16%), Vitamin B3: 27.33mg (136.66%), Vitamin B1: 1.85mg (123.29%), Folate: 443.06µg (110.76%), Vitamin B2: 1.78mg (104.52%), Phosphorus: 985.46mg (98.55%), Iron: 17.42mg (96.77%), Vitamin K: 100.4µg (95.62%), Zinc: 13.62mg (90.82%), Vitamin B12: 4.81µg (80.13%), Calcium: 666.28mg (66.63%), Vitamin B6: 1.18mg (58.82%), Fiber: 13.5g (53.99%), Vitamin E: 7.61mg (50.76%), Magnesium: 179.93mg (44.98%), Vitamin B5: 4.34mg (43.43%), Copper: 0.77mg (38.33%), Potassium: 1302.68mg (37.22%), Vitamin A: 1730.59IU (34.61%), Vitamin D: 1.57µg (10.49%), Vitamin C: 4.39mg (5.32%)