



 **22%**
HEALTH SCORE

The Blarney Burger

READY IN



45 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds ground sirloin
- 0.3 cup irish whiskey
- 1 eggs
- 0.5 cup onion diced sweet
- 1 tablespoon garlic fresh
- 0.5 cup gorgonzola (set aside 1 tablespoon)
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 2 tablespoons butter

- 1 cup cabbage shredded
- 4 hawaiian rolls
- 2 tablespoons frangelico
- 2 tablespoons frangelico

Equipment

- bowl
- sauce pan
- whisk
- grill
- microwave

Directions

- Irish Mustard Sauce: 1 tbsp cornstarch, 2 tsp sugar, 1 tsp dry mustard, 1/2 tsp salt, 1 cup water, 1 tbsp butter, 1/4 cup vinegar, 1 tsp horseradish, 2 egg yolks, beaten. Put all ingredients in a sauce pan over medium heat. Continue whisking until smooth and thickened to consistency of pudding.
- Gorgonzola Butter-Wash: In a microwave safe bowl, add remaining tablespoon of Gorgonzola crumbles and 2 tablespoons of butter and melt.
- Whisk together to create a Gorgonzola butter-wash.
- Brush Gorgonzola butter-wash on the inside of the top & bottom buns and toast on the upper or outer edges of grill. Once rolls are lightly toasted, remove.
- Mix first 7 ingredients together thoroughly then add salt & pepper. Form patties and pat together well.
- Cook meat over medium heat - be sure to coat grill with non-stick spray.
- Cook about 8-10 minutes on each side.
- Set meat on bottom bun and spoon Irish mustard sauce on top of meat patty.
- Add shredded cabbage and fold top and bottom together.

Nutrition Facts



■ PROTEIN 28.25% ■ FAT 57.5% ■ CARBS 14.25%

Properties

Glycemic Index:62, Glycemic Load:13.56, Inflammation Score:-7, Nutrition Score:29.954347826087%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 777.14kcal (38.86%), Fat: 46.55g (71.61%), Saturated Fat: 20.26g (126.62%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 24.42g (8.88%), Sugar: 5.14g (5.71%), Cholesterol: 220.79mg (73.6%), Sodium: 883.86mg (38.43%), Alcohol: 5.31g (29.5%), Protein: 51.46g (102.92%), Vitamin B12: 5.29µg (88.16%), Selenium: 53.56µg (76.51%), Zinc: 11.1mg (74.02%), Vitamin B3: 12.64mg (63.2%), Phosphorus: 525.35mg (52.53%), Vitamin B6: 0.95mg (47.61%), Iron: 6.75mg (37.48%), Vitamin B2: 0.6mg (35.36%), Potassium: 863.95mg (24.68%), Vitamin B1: 0.37mg (24.37%), Manganese: 0.4mg (20.07%), Calcium: 197.28mg (19.73%), Folate: 73.2µg (18.3%), Vitamin C: 14.83mg (17.97%), Vitamin B5: 1.73mg (17.33%), Magnesium: 61.72mg (15.43%), Vitamin K: 14.88µg (14.17%), Copper: 0.24mg (11.95%), Vitamin A: 592.59IU (11.85%), Vitamin E: 1.3mg (8.67%), Fiber: 1.53g (6.11%), Vitamin D: 0.52µg (3.45%)