



The Burger Bar - Tyler Florence

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



1613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb bacon sliced
- 2 lbs brisket
- 2 lbs beefsteak tomatoes red yellow
- 0.8 cup chives fresh chopped
- 2 garlic clove sliced
- 4 servings pepper fresh black
- 4 hawaiian rolls split (or other type of bun)
- 0.3 cup herbs like: thym minced (parsley, basil, chives or scallion)

- 1 tablespoon horseradish prepared
- 1 juice of lemon
- 4 servings kosher salt
- 2 juice of lemon
- 1 cup mayonnaise
- 1 lb mushrooms sliced
- 0.3 cup olive oil
- 2 tablespoons olive oil
- 4 servings olive oil (drizzle)
- 2 onion cut into 1/2-inch slices
- 4 servings pepper
- 4 servings pepper black
- 1 sprig rosemary (strip the leaves)
- 4 servings salt
- 4 servings salt and pepper to taste
- 4 servings sea salt
- 4 slices swiss cheese thin (slices)
- 1 tablespoon thyme sprigs fresh
- 2 tablespoons butter unsalted

Equipment

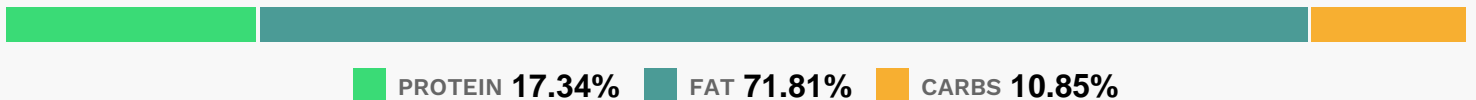
- bowl
- frying pan
- baking sheet
- paper towels

Directions

- CARAMELIZED ONIONS:.
- Heat butter and olive oil in a large pan over medium heat.

- Add onion slices, sprinkle with salt and pepper. Cook slowly until well caramelized, 15 to 20 minutes. HERBED HORSERADISH MAYONNAISE: Stir together mayonnaise, horseradish, minced herbs, olive oil, a squeeze of lemon juice, salt and pepper. SAUTEED MUSHROOMS:
- Saute mushrooms in olive oil with sliced garlic and thyme leaves over super-high heat until nicely browned, 8 to 10 minutes. Stir in a couple of drops of fresh lemon juice. BACON WITH ROSEMARY:
- Lay the sliced bacon on baking sheet, strip leaves from the sprig of rosemary and throw them on top of the bacon with lots of black pepper and roast at 400F till bacon is crisp, 10 minutes. TOMATOES WITH SEA SALT AND CHIVES: Slice tomatoes, drizzle with olive oil, and sprinkle with sea salt and chopped chives. ASSEMBLE THE BURGERS: Preheat a large cast-iron skillet to medium hot. Blot a small amount of oil on paper towel and CAREFULLY and quickly wipe the hot skillet to make a non-stick surface. Season the ground meat in a bowl with salt and pepper. Give it 3 turns in the bowl with your hands or a big spoon and it's done. Shape into 4 patties. When the skillet is hot, put the burgers on the skillet and cook 4 minutes on the first side and 5 on the second side for rare; 7 minutes per side for medium, adding the cheese during the final minute or two, to melt.
- Remove the burgers to a platter. Rub the skillet with paper towel to clean it again. Then toast the buns cut side down for 1 minutes.
- Serve the hamburgers in the buns with accompaniments above. Enjoy!

Nutrition Facts



Properties

Glycemic Index: 156.75, Glycemic Load: 17.82, Inflammation Score: -10, Nutrition Score: 56.486956824427%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg

Nutrients (% of daily need)

Calories: 1612.67kcal (80.63%), Fat: 129.32g (198.96%), Saturated Fat: 31.96g (199.75%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 37.64g (13.69%), Sugar: 15.02g (16.69%), Cholesterol: 232.41mg (77.47%), Sodium: 1966.56mg (85.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.28g (140.56%), Vitamin K: 158.69µg (151.13%), Selenium: 78.01µg (111.45%), Vitamin B12: 6.52µg (108.64%), Vitamin B3: 18.67mg (93.37%), Phosphorus: 872.65mg (87.27%), Zinc: 12.81mg (85.41%), Vitamin B6: 1.56mg (78.21%), Vitamin B2: 1.16mg (68.36%), Vitamin C: 55.64mg (67.44%), Vitamin E: 9.47mg (63.12%), Potassium: 1996.94mg (57.06%), Vitamin B1: 0.84mg (56.13%), Vitamin A: 2756.88IU (55.14%), Iron: 8.27mg (45.92%), Copper: 0.83mg (41.5%), Manganese: 0.81mg (40.61%), Folate: 141.08µg (35.27%), Vitamin B5: 3.33mg (33.33%), Magnesium: 126.06mg (31.51%), Calcium: 297.57mg (29.76%), Fiber: 6.33g (25.32%), Vitamin D: 0.67µg (4.47%)