



The Fried Egg-Olive Burger

READY IN



20 min.

SERVINGS



10

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fillet anchovy dry tinned rinsed chopped
- 6 oz olives black pitted
- 2 tablespoons peppercorns black crushed
- 1 recipe basic burger
- 0.3 cup capers drained chopped
- 8 large eggs
- 3 cloves garlic
- 10 servings spicy ketchup
- 10 servings asian mayo

- 10 servings pesto mayo
- 0.5 cup olive oil
- 10 servings ranch olé
- 8 buns split english toasted
- 2 tablespoons butter unsalted
- 10 servings the baconator
- 10 servings the baconator

Equipment

- food processor
- bowl
- frying pan
- grill
- spatula

Directions

- Prepare burgers as recipe directs. Keep patties refrigerated until ready to cook.
- Combine olives, capers, garlic and anchovies, if desired, in a food processor. Pulse several times to chop. With blade running, slowly add oil and process until well blended and smooth, stopping to scrape sides of bowl as needed. Makes about 1 1/4 cups.
- Melt 1 Tbsp. butter in each of two large nonstick skillet over medium-high heat. Crack four eggs into each skillet. Cover and cook until whites are firm and yolks are slightly runny, about 5 minutes.
- Remove from heat, uncover and leave eggs in hot skillets.
- Grill or broil burgers as recipe directs.
- Spread 1 Tbsp. of olive mixture over both sides of toasted English muffins or buns.
- Place burgers on bottoms. Use a spatula to carefully transfer one egg at a time to top each burger.
- Sprinkle each egg with a pinch of crushed peppercorns.
- Serve immediately with assorted toppings, if desired.

Nutrition Facts

PROTEIN 9.17% FAT 62.59% CARBS 28.24%

Properties

Glycemic Index:29.9, Glycemic Load:16.45, Inflammation Score:-4, Nutrition Score:12.65782617486%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 5.75mg, Kaempferol: 5.75mg, Kaempferol: 5.75mg, Kaempferol: 5.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 447.16kcal (22.36%), Fat: 31.32g (48.19%), Saturated Fat: 6.56g (41.02%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 29.21g (10.62%), Sugar: 5.24g (5.82%), Cholesterol: 166.46mg (55.49%), Sodium: 1135.01mg (49.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin K: 60.12µg (57.25%), Manganese: 0.5mg (25%), Selenium: 15.54µg (22.2%), Phosphorus: 213.29mg (21.33%), Vitamin B2: 0.33mg (19.6%), Vitamin E: 2.67mg (17.78%), Vitamin B5: 1.12mg (11.23%), Folate: 44.7µg (11.18%), Fiber: 2.58g (10.32%), Iron: 1.82mg (10.1%), Vitamin A: 463.87IU (9.28%), Vitamin B1: 0.14mg (9.18%), Copper: 0.18mg (9.02%), Calcium: 86.55mg (8.65%), Vitamin B12: 0.45µg (7.55%), Vitamin B6: 0.15mg (7.41%), Zinc: 1.03mg (6.84%), Vitamin B3: 1.37mg (6.83%), Magnesium: 26.24mg (6.56%), Potassium: 225.97mg (6.46%), Vitamin D: 0.89µg (5.92%), Vitamin C: 1.19mg (1.44%)