



The great breakfast burger

 Popular

READY IN



115 min.

SERVINGS



8

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium onion roughly chopped
- ☐ 2 tbsp catsup
- ☐ 1 tbsp oyster sauce
- ☐ 1 kg goat meat
- ☐ 1 egg yolk
- ☐ 25 g flat parsley chopped
- ☐ 8 slices cheese (we used havarti)
- ☐ 8 bacon smoked

- ☐ 8 ciabatta rolls halved
- ☐ 8 servings tomatoes

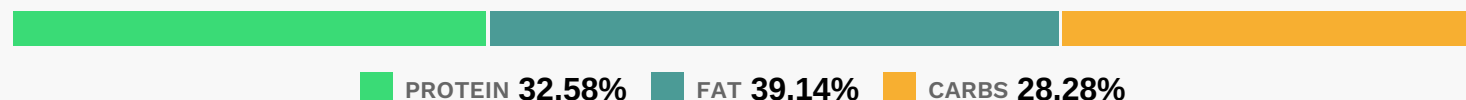
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ mixing bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Put the onion, ketchup and oyster sauce in a food processor, then blend to a coarse paste, scraping down the sides of the processor if you need to.
- ☐ Put the sausagemeat into a mixing bowl, beat in the onion mix, egg yolk and 25ml water (and I mean really beat; if you have a tabletop mixer, do it in that), then add the parsley. Separate the mix into 8, roll into large balls, then flatten into patties. Chill on a plate for 1 hr.
- ☐ To cook the burgers, heat a griddle or large frying pan without adding any extra fat. Fry for 3 mins on one side until golden, turn down the heat for 5 mins, then flip and repeat on the other side.
- ☐ While the burgers cook, fry the bacon and, if you are game, some eggs as well.
- ☐ Heat the grill, then lightly toast the insides of the ciabatta buns.
- ☐ Place the cooked burgers on a baking sheet, put a slice of cheese on each, then pop under the grill to melt. Sit the burgers on their buns, then place the bacon on top. If you feel like them, slide fried eggs on top of the bacon.
- ☐ Serve with a napkin.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:27.303913012795%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 6.73mg, Apigenin: 6.73mg, Apigenin: 6.73mg, Apigenin: 6.73mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 528.43kcal (26.42%), Fat: 22.89g (35.21%), Saturated Fat: 9.51g (59.44%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 34.07g (12.39%), Sugar: 6.35g (7.06%), Cholesterol: 146.82mg (48.94%), Sodium: 860.51mg (37.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.86g (85.72%), Selenium: 53.81µg (76.87%), Vitamin B3: 15.16mg (75.79%), Vitamin K: 66.59µg (63.42%), Vitamin B6: 1.19mg (59.62%), Phosphorus: 481.8mg (48.18%), Vitamin A: 2143.37IU (42.87%), Vitamin C: 31.51mg (38.19%), Potassium: 1007.22mg (28.78%), Calcium: 235.04mg (23.5%), Vitamin B5: 2.28mg (22.78%), Vitamin B2: 0.33mg (19.35%), Magnesium: 66.19mg (16.55%), Zinc: 2.44mg (16.24%), Vitamin B1: 0.23mg (15.27%), Manganese: 0.26mg (12.93%), Fiber: 3.13g (12.53%), Folate: 49.25µg (12.31%), Vitamin B12: 0.71µg (11.83%), Vitamin E: 1.66mg (11.07%), Copper: 0.18mg (8.86%), Iron: 1.39mg (7.7%), Vitamin D: 0.5µg (3.35%)