



The Ultimate Salami Burgers

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

1165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds percent ground beef
- ☐ 3 leaves basil lightly torn fresh
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 1 chile pepper fresh finely chopped
- ☐ 0.3 cup cooking wine dry red
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- ☐ 2 tablespoons evoo
- ☐ 4 servings evoo for drizzling
- ☐ 1 cup pulsed in a food processor italian drained finely chopped pickled vegetables

- ☐ 2 large cloves garlic minced finely grated
- ☐ 2 cloves garlic minced grated
- ☐ 0.8 pound ground pork
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 onion grated
- ☐ 0.5 onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon oregano dried
- ☐ 1 handful pecorino grated
- ☐ 4 servings pepper freshly ground
- ☐ 4 slices provolone cheese sliced thin not too
- ☐ 1 chile pepper fresh red finely chopped
- ☐ 8 slices genoa salami hard sliced thin not too
- ☐ 4 servings salt
- ☐ 4 large kaiser rolls for sliders
- ☐ 3 sprigs thyme leaves fresh finely chopped

Equipment

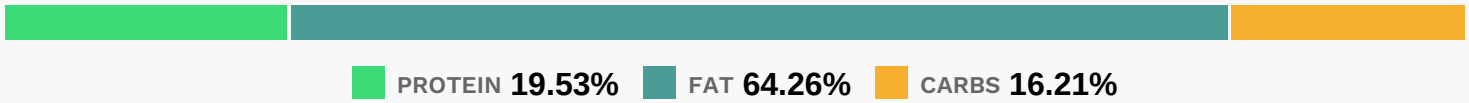
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Put the ground beef and pork in a large bowl and douse with the wine. Grate 3 to 4 tablespoons onion directly into the bowl to catch the juices.

- ☐ Add the oregano, garlic, chile, cheese, 1 tablespoon pepper and a drizzle of EVOO.
- ☐ Mix until just combined. Shape into 4 large patties or 12 small patties for sliders. Make an indentation in the center of each patty to help them cook evenly and prevent them from puffing up.
- ☐ Sprinkle with a little salt.
- ☐ Arrange the salami slices on a rack set over a rimmed baking sheet.
- ☐ Bake until they crisp up a bit, about 10 minutes.
- ☐ Let cool.
- ☐ Heat a heavy griddle or cast-iron skillet over medium-high heat.
- ☐ Add the patties and cook, turning occasionally, about 10 minutes for regular ones and 6 minutes for sliders. Top with the provolone and cook until melted.
- ☐ Spread some of the giardiniera relish on the bottom halves of the rolls and top with the patties. Top with the salami and some Quick Marinara Sauce. Cover with the top halves of the rolls.
- ☐ Heat the EVOO in a small pot over medium to medium-high heat.
- ☐ Add the garlic, chile and onion and cook, stirring, 1 to 2 minutes.
- ☐ Add the wine and cook 30 seconds.
- ☐ Add the tomatoes, oregano, basil and thyme. Season with salt and pepper. Simmer over low heat until thickened.

Nutrition Facts



Properties

Glycemic Index:127.25, Glycemic Load:26.32, Inflammation Score:-9, Nutrition Score:36.851739380671%

Flavonoids

Petunidin: 1.16mg, Petunidin: 1.16mg, Petunidin: 1.16mg, Petunidin: 1.16mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Malvidin: 9.18mg, Malvidin: 9.18mg, Malvidin: 9.18mg, Malvidin: 9.18mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg

Isorhamnetin: 1.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 1164.69kcal (58.23%), Fat: 81.18g (124.89%), Saturated Fat: 25.97g (162.33%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 42.07g (15.3%), Sugar: 10.34g (11.49%), Cholesterol: 189.47mg (63.16%), Sodium: 1505.07mg (65.44%), Alcohol: 3.67g (100%), Alcohol %: 0.79% (100%), Protein: 55.51g (111.03%), Iron: 16.54mg (91.87%), Vitamin B12: 4.41µg (73.55%), Selenium: 50.77µg (72.53%), Zinc: 9.58mg (63.86%), Vitamin B1: 0.95mg (63.64%), Vitamin B3: 12.17mg (60.86%), Vitamin B6: 1.18mg (58.81%), Phosphorus: 559.66mg (55.97%), Vitamin C: 29.64mg (35.92%), Vitamin B2: 0.61mg (35.84%), Vitamin E: 5.12mg (34.16%), Potassium: 1107.61mg (31.65%), Vitamin K: 28.99µg (27.61%), Calcium: 254.59mg (25.46%), Magnesium: 78.57mg (19.64%), Manganese: 0.39mg (19.27%), Copper: 0.38mg (19.19%), Vitamin B5: 1.92mg (19.16%), Fiber: 4g (15.99%), Vitamin A: 571.43IU (11.43%), Folate: 38.34µg (9.59%), Vitamin D: 0.24µg (1.59%)