



The Wurst Reuben Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 burger rolls plain split seeded
- 2 tablespoons butter
- 1 teaspoon celery seeds
- 1 teaspoon marjoram dried
- 0.3 cup flat-leaf parsley fresh finely chopped
- 0.5 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1.5 pounds ground pork and veal combined
- 0.3 cup catsup

- 4 servings kosher salt and pepper black freshly ground
- 0.5 teaspoon nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 large onion thinly sliced quartered
- 0.3 cup relish
- 4 leaves romaine lettuce red
- 1 pound sack sauerkraut rinsed drained
- 0.8 cup cup heavy whipping cream sour
- 2 tablespoons spicy mustard
- 4 deli emmentaler swiss cheese
- 4 servings splash water
- 2 tablespoons citrus champagne vinegar

Equipment

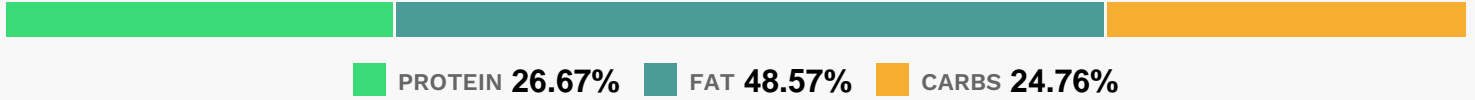
- bowl
- frying pan
- pot
- aluminum foil

Directions

- Heat medium skillet over medium heat, add the butter and when melted add the onions and cook until soft and tender, 20 minutes. When done, add a splash of water and stir in the mustard.
- Add sauerkraut to a small pot and keep warm over low heat.
- Combine sour cream, ketchup and relish in a small bowl and reserve.
- In a large bowl, combine the meat, spices, parsley, vinegar and salt and pepper, to taste. Form 4 patties, thinner at middle and thicker at edges for more even cooking and to prevent burgers from bulging at the middle.
- Heat the oil in nonstick skillet over medium-high heat. Cook patties 5 minutes on each side. Melt the cheese over the patties the last 2 minutes of cooking, under foil tent.

To serve, pile the onions on the bun bottoms and top with a leaf of lettuce, cheese wurst burger, sauerkraut, and the sour cream sauce. Cover with the tops of the buns and serve.

Nutrition Facts



Properties

Glycemic Index:92.25, Glycemic Load:14.35, Inflammation Score:-10, Nutrition Score:39.71913039166%

Flavonoids

Apigenin: 8.5mg, Apigenin: 8.5mg, Apigenin: 8.5mg, Apigenin: 8.5mg Luteolin: 3.88mg, Luteolin: 3.88mg, Luteolin: 3.88mg, Luteolin: 3.88mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 681.96kcal (34.1%), Fat: 36.92g (56.8%), Saturated Fat: 16.83g (105.18%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 36.04g (13.1%), Sugar: 11.97g (13.3%), Cholesterol: 195.78mg (65.26%), Sodium: 1595.62mg (69.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.61g (91.23%), Vitamin K: 111.52µg (106.21%), Vitamin B3: 15.35mg (76.77%), Vitamin A: 3471.96IU (69.44%), Phosphorus: 588.38mg (58.84%), Selenium: 36.24µg (51.78%), Vitamin B6: 1.01mg (50.55%), Vitamin B12: 2.98µg (49.69%), Vitamin B2: 0.81mg (47.64%), Zinc: 7mg (46.7%), Manganese: 0.91mg (45.38%), Folate: 147.4µg (36.85%), Calcium: 368.11mg (36.81%), Iron: 6mg (33.35%), Vitamin C: 27.5mg (33.33%), Vitamin B1: 0.47mg (31.35%), Potassium: 1080.62mg (30.87%), Vitamin B5: 2.69mg (26.95%), Fiber: 6.29g (25.18%), Magnesium: 100.73mg (25.18%), Copper: 0.47mg (23.72%), Vitamin E: 1.97mg (13.16%)