



Tiny Hamburgers with Onion Relish

 Dairy Free

READY IN



32 min.

SERVINGS



16

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 dill pickles
- ☐ 3 cloves garlic
- ☐ 0.5 pound ground pork
- ☐ 1 pound ground sirloin
- ☐ 0.5 pound ground veal
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 onions sliced cut in 1/2 lengthwise and thinly
- ☐ 16 servings salt and pepper freshly ground
- ☐ 16 servings rolls (recommended: Parker House)
- ☐ 0.5 cup water
- ☐ 2 tablespoons mustard yellow

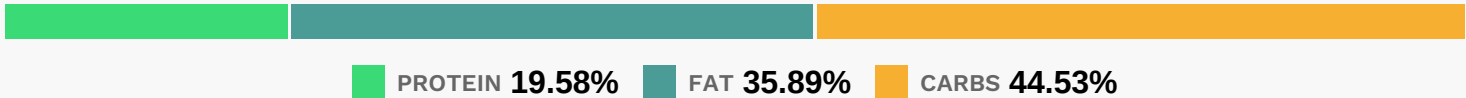
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Heat a grill to high.
- ☐ Combine all of the ground meat into a large mixing bowl. Shape into 16 (1-ounce) patties. Season patties generously with salt and pepper and drizzle with oil.
- ☐ Cook burgers on a very hot grill for about 30 seconds on each side. If a smoky flavor is desired, you may place a lid on the grill during cooking.
- ☐ Serve the patties on Parker House rolls garnished with a dill pickle and Onion Relish.
- ☐ Heat a large skillet over medium-high heat and add the olive oil and garlic cloves.
- ☐ Saute the garlic until lightly browned.
- ☐ Add the onions and continue to cook the mixture until golden brown. Season well with salt and pepper, add the water, stir, and bring to a boil, scraping up the caramelized bits on the bottom of the pan. Stir in ketchup and mustard. Simmer until thick.
- ☐ Remove from heat and let cool before serving with the burgers.;

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:23.3, Inflammation Score:-2, Nutrition Score:10.38956523719%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 337.94kcal (16.9%), Fat: 13.41g (20.63%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 35.37g (12.86%), Sugar: 7.38g (8.2%), Cholesterol: 41.11mg (13.7%), Sodium: 1139.5mg (49.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Iron: 11.75mg (65.25%), Vitamin B3: 3.2mg (16.02%), Vitamin B12: 0.9µg (15.07%), Zinc: 2.14mg (14.29%), Selenium: 9.95µg (14.22%), Vitamin B6: 0.27mg (13.46%), Vitamin K: 13.19µg (12.56%), Phosphorus: 121.28mg (12.13%), Vitamin B1: 0.17mg (11.29%), Vitamin B2: 0.17mg (9.98%), Fiber: 2.06g (8.25%), Potassium: 288.05mg (8.23%), Calcium: 56.71mg (5.67%), Vitamin B5: 0.5mg (4.98%), Magnesium: 19.22mg (4.8%), Vitamin E: 0.72mg (4.78%), Manganese: 0.08mg (4.08%), Copper: 0.07mg (3.69%), Vitamin C: 2.97mg (3.6%), Folate: 12.89µg (3.22%), Vitamin A: 160.07IU (3.2%)