



## Tuscan Espresso Burger with Grilled Radicchio Slaw

READY IN



30 min.

SERVINGS



8

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons aged balsamic vinegar
- 1 teaspoon pepper black freshly ground
- 8 ciabatta rolls fresh whole (recommended: Foods Market rolls)
- 1 teaspoon mustard dry
- 12 ounces fontina italian sliced
- 1 teaspoon garlic powder
- 1 apples i use 2 granny smith apples cored peeled
- 3 pounds ground beef fresh (85 percent)

- 3 tablespoons espresso grounds instant
- 1 teaspoon kosher salt
- 2 teaspoons kosher salt
- 8 servings kosher salt and pepper black freshly ground
- 3 tablespoons brown sugar light
- 8 servings olive oil extra-virgin
- 1 head radicchio thinly
- 1 onion red
- 8 servings salt
- 0.5 teaspoon paprika smoked
- 1 teaspoon sugar

## Equipment

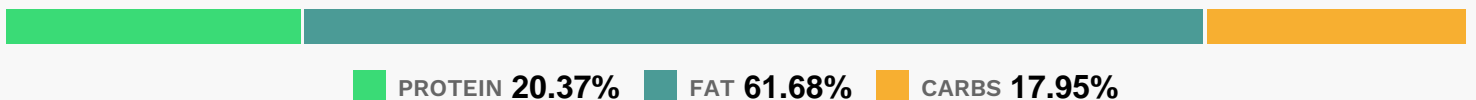
- bowl
- frying pan
- oven
- grill
- aluminum foil
- broiler
- grill pan

## Directions

- Preheat a grill pan to medium-high. Preheat the oven broiler.
- In a small bowl, combine the espresso, sugar, mustard, garlic powder, salt and paprika.
- Mix well. Pull the beef apart on a clean work surface and sprinkle evenly with salt and pepper.
- Mix well but lightly and form into patties the same size as the rolls.
- Sprinkle both sides of the patties with 1 teaspoon of the rub each, and pat down to adhere. Refrigerate until ready to grill.
- Cut the radicchio into quarters, leaving the core intact.

- Put the quarters into a medium bowl and pour 2 tablespoons olive oil evenly over the radicchio.
- Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Toss lightly to coat.
- When the grill is barely starting to smoke, grill the radicchio, cut side down, until charred, about 2 minutes. Turn to the opposite cut side and grill for an additional 2 to 3 minutes.
- Remove to a bowl to cool.
- Cut the apple into matchstick-size pieces and add to a large bowl. Thinly slice the red onion to make 1/3 cup, and add to the bowl.
- Remove the cores from the radicchio and thinly slice then add to the bowl with the apple along with the vinegar, 2 tablespoons olive oil, sugar, 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Combine well and set aside.
- Grill the burgers or until you see a nice brown edge forming. About 6 minutes. Turn and top with cheese. Tent the burgers with foil or a hotel pan and pour 2 tablespoons of cold water on grill to create steam to melt the cheese. Turn the grill off.
- Slice the rolls in half and brush with olive oil and season with salt. Broil until brown and crisp. Uncover the burgers and turn the grill back on to high. When burgers start a good sizzle, transfer to the rolls and top with slaw before serving. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:36.26, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:26.159565096316%

## Flavonoids

Cyanidin: 44.8mg, Cyanidin: 44.8mg, Cyanidin: 44.8mg, Cyanidin: 44.8mg Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 13.34mg, Luteolin: 13.34mg, Luteolin: 13.34mg, Luteolin: 13.34mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Quercetin: 14.73mg, Quercetin: 14.73mg, Quercetin: 14.73mg, Quercetin: 14.73mg

## Nutrients (% of daily need)

Calories: 907.75kcal (45.39%), Fat: 61.91g (95.24%), Saturated Fat: 23.42g (146.39%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 38.65g (14.05%), Sugar: 9.32g (10.36%), Cholesterol: 170.1mg (56.7%), Sodium: 1806.45mg (78.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 58.88mg (19.63%), Protein: 46g (92%), Vitamin K: 103.12µg (98.21%), Vitamin B12: 4.35µg (72.57%), Zinc: 8.9mg (59.32%), Selenium: 33µg (47.14%), Phosphorus: 447.57mg (44.76%), Vitamin B3: 7.94mg (39.72%), Vitamin B6: 0.64mg (32.19%), Calcium: 286.74mg (28.67%), Vitamin E: 3.72mg (24.79%), Iron: 3.99mg (22.16%), Vitamin B2: 0.36mg (21.34%), Potassium: 727.63mg (20.79%), Copper: 0.26mg (13.05%), Magnesium: 51.01mg (12.75%), Vitamin B5: 1.18mg (11.82%), Folate: 39.5µg (9.88%), Manganese: 0.2mg (9.82%), Vitamin A: 473.82IU (9.48%), Fiber: 1.91g (7.63%), Vitamin B1: 0.1mg (6.83%), Vitamin C: 4.89mg (5.92%), Vitamin D: 0.43µg (2.83%)