



Wild Mushroom-Cheddar Burger

READY IN



40 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons canola oil
- 2 tablespoons chipotle in adobo pureed canned (depending on how spicy you prefer it)
- 2 tablespoons flat-leaf parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 4 hamburger buns split toasted (see Cook's Note)
- 1 cup catsup
- 0.3 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 1.5 pounds pd of ground turkey lean (80 percent) (90 percent)
- 12 ounces mushrooms assorted stemmed chopped (such as cremini, lobster, chanterelles, and shiitakes)
- 2 tablespoons olive oil
- 1 small shallots diced finely
- 4 slices sharp cheddar cheese
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- whisk

Directions

- Watch how to make this recipe.
- Heat the olive oil and butter in a large saute pan over high heat until almost smoking.
- Add the mushrooms and cook, stirring occasionally, until soft, about 5 minutes.
- Add the shallot, season with salt and pepper, and cook until the mushrooms are golden brown, about 5 minutes. Stir in the thyme and parsley and transfer to a bowl.
- Divide the meat into 4 equal portions (about 6 ounces each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt and pepper.
- Cook the burgers using the canola oil (see Cook's Note) and topping each one with a slice of cheese and a basting cover during the last minute of cooking.
- Place the burgers on the bun bottoms and top each burger with chipotle ketchup, if using, and a large spoonful of the mushrooms. Cover with the bun tops and serve immediately.
- I love ketchup as much as the next American does, but when I was designing the menu for Bobby's Burger Palace, I knew that I wanted to have a little something extra to offer in the squeeze bottles. The simple addition of pureed chipotle in adobo gives prepared ketchup an exciting smoky edge, while still keeping its sweet yet tangy identity intact.

- Whisk together the ketchup, chipotle, salt, and pepper in a small bowl. Cover and refrigerate for at least 30 minutes to allow the flavors to meld. The sauce will keep for 1 week in a tightly sealed container in the refrigerator.

Nutrition Facts

PROTEIN 31.5% **FAT 40.3%** **CARBS 28.2%**

Properties

Glycemic Index:65, Glycemic Load:13.45, Inflammation Score:-10, Nutrition Score:36.356521813766%

Flavonoids

Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 663.57kcal (33.18%), Fat: 30.18g (46.43%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 47.5g (15.83%), Net Carbohydrates: 42g (15.27%), Sugar: 18g (20%), Cholesterol: 129.08mg (43.03%), Sodium: 1182.16mg (51.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.07g (106.15%), Vitamin B3: 22.73mg (113.66%), Selenium: 59.63µg (85.18%), Vitamin B6: 1.67mg (83.33%), Phosphorus: 629.83mg (62.98%), Vitamin K: 45.96µg (43.77%), Vitamin B2: 0.73mg (42.66%), Iron: 6.74mg (37.43%), Vitamin D: 5.41µg (36.06%), Potassium: 1221.3mg (34.89%), Zinc: 5.13mg (34.17%), Manganese: 0.63mg (31.71%), Calcium: 300.9mg (30.09%), Copper: 0.53mg (26.39%), Vitamin B5: 2.6mg (25.95%), Vitamin B1: 0.37mg (24.88%), Magnesium: 91.21mg (22.8%), Vitamin E: 3.35mg (22.33%), Fiber: 5.5g (22.02%), Vitamin B12: 1.26µg (20.94%), Vitamin A: 972.26IU (19.45%), Folate: 73.1µg (18.28%), Vitamin C: 8.98mg (10.89%)