

Blue Cheese-Stuffed Burger with Red Onion and Spinach

All-Time Favorites - 2013 Cookbook

Better Homes and Gardens Magazine

Servings: 4

*1 pound ground beef
1 tablespoon Worcestershire sauce
1 teaspoon freshly ground black pepper
1/3 to 1/2 cup (about 2 ounce) crumbled blue cheese
1 medium red onion
olive oil
1 cup fresh baby spinach
4 hamburger buns, split*

In a large bowl, combine the beef, Worcestershire sauce and black pepper. On waxed paper, shape into eight thin four-inch-diameter patties. Place one tablespoon of the blue cheese in the center of four of the patties. Top with the remaining four patties; pinch the edges to seal.

Brush the onion slices with olive oil and sprinkle with salt.

Place the burgers and onions directly over medium-high heat. Grill for 5 minutes per side or until no pink remains in the burgers.

Brush the cut sides of the buns with olive oil. Grill, cut sides down, for the last minute of grilling.

Serve the burgers on the buns with the grilled onions, spinach and the remaining cheese.

Start to Finish Time: 28 minutes

Per Serving (excluding unknown items): 534 Calories; 36g Fat (60.7% calories from fat); 25g Protein; 26g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 512mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.

Grilled, Sandwiches

% Calories from Fat:	60.7%
% Calories from Carbohydrates:	20.0%
% Calories from Protein:	19.3%
Total Fat (g):	36g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	105mg
Carbohydrate (g):	26g
Dietary Fiber (g):	2g
Protein (g):	25g
Sodium (mg):	512mg
Potassium (mg):	447mg
Calcium (mg):	142mg
Iron (mg):	4mg
Zinc (mg):	5mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	85IU
Vitamin A (r.e.):	25 1/2RE

Vitamin B12 (mcg):	3.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	61mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 534 Calories from Fat: 324

		% Daily Values*
Total Fat	36g	55%
Saturated Fat	15g	74%
Cholesterol	105mg	35%
Sodium	512mg	21%
Total Carbohydrates	26g	9%
Dietary Fiber	2g	8%
Protein	25g	
Vitamin A		2%
Vitamin C		16%
Calcium		14%
Iron		21%

* Percent Daily Values are based on a 2000 calorie diet.