

Pimiento-Cheese Burgers

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Servings: 8

1 jar (4 ounces) diced pimientos,
drained
2 cups (8 ounces) Colby or Cheddar
cheese, finely shredded
1/2 cup mayonnaise
2 tablespoons chopped fresh chives
vegetable oil (for grilling)
2 pounds ground beef chuck (80%
lean), formed into eight thin patties
salt and pepper
8 hamburger buns
toppings (such as mustard, onion and
tomato) (optional)

In a bowl, stir together the pimientos, cheese,
mayonnaise and chives. (To store, cover and
refrigerate up to two days.)

Heat a grill or grill pan to medium high. Clean
and lightly oil the hot grill.

Season the patties with salt and pepper.

Grill for 4 minutes per side for medium. During
the last minute of cooking, top each burger with
three tablespoons of the pimiento cheese
mixture and cover the grill.

Serve the burgers on buns with the desired
toppings.

Per Serving (excluding unknown
items): 222 Calories; 14g Fat
(55.1% calories from fat); 4g
Protein; 22g Carbohydrate; 1g
Dietary Fiber; 5mg Cholesterol;
319mg Sodium. Exchanges: 1 1/2
Grain(Starch); 0 Vegetable; 1 1/2
Fat.

Grill, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	222	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	38.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	43mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	0.00%

Carbohydrate (g):	22g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	319mg
Potassium (mg):	68mg
Calcium (mg):	63mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	71IU
Vitamin A (r.e.):	11RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	222	Calories from Fat: 122
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% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	11%
Cholesterol	5mg	2%
Sodium	319mg	13%
Total Carbohydrates	22g	7%
Dietary Fiber	1g	5%
Protein	4g	

Vitamin A	1%
Vitamin C	1%
Calcium	6%
Iron	8%

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