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## NorCal Smashburger ♦♦

The NorCal Smashburger is a classic American burger made with fresh ingredients and cooked to perfection. It is a juicy and flavorful burger that is sure to satisfy your cravings. The patty is smashed on a hot griddle to create a crispy exterior and a tender interior. It is then topped with cheese, lettuce, tomato, onions, and pickles. The burger is served on a toasted bun and can be enjoyed with your favorite condiments and sides.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

500 g	Ground Beef
100 g	cheddar cheese
50 g	lettuce
100 g	Tomato

50 g	onion
50 g	Pickles
400 g	burger buns
5 g	Salt
2 g	Black pepper
30 ml	vegetable oil

## Directions

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### Step 1

Grilling

Divide the ground beef into 4 equal portions and shape them into patties.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Season the patties with salt and black pepper on both sides.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Preheating

Preheat a griddle or a large skillet over medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Heating

Add vegetable oil to the griddle or skillet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Smashing

Place the patties on the hot griddle or skillet and smash them with a spatula to create a thin patty.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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## Step 6

Cooking

Cook the patties for 2-3 minutes on each side until they are well-browned and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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## Step 7

Place a slice of cheddar cheese on each patty and let it melt.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 8

Toasting

Toast the burger buns on the griddle or in a toaster.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 9

Assembly

Assemble the burgers by placing the patties on the bottom buns and topping them with lettuce, tomato, onion, and pickles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 10

Serving

Cover the burgers with the top buns and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 30 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	30 g	107.14%	120%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

American

### Course

Salads

Snacks

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Sauces & Dressings

### Events

Picnic

### Kitchen Tools

Slow Cooker

Grill

### Nutritional Content

Low Calorie

### Cooking Method

Steaming

Simmering

Cutting

Cut

Mixing

Serving

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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