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Swiss Burger ♦♦

The Swiss Burger is a classic burger recipe that originated in Switzerland. It features a juicy beef patty topped with melted Swiss cheese, sautéed mushrooms, and caramelized onions. This burger is perfect for meat lovers and is often enjoyed with a side of fries or a salad.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Ground Beef
4 slices	swiss cheese
200 g	Mushrooms
100 g	onion

4 pieces	burger buns
4 leaves	lettuce
4 slices	Tomato
4 tbsp	mayonnaise
4 tbsp	ketchup
4 tbsp	mustard
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix the ground beef, salt, and black pepper. Form the mixture into patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

Heat olive oil in a pan over medium heat. Add the mushrooms and onions. Sauté until caramelized.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Grilling

Grill or cook the burger patties to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Place a slice of Swiss cheese on each patty and allow it to melt.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assembling

Assemble the burgers by placing a patty on each bun. Top with sautéed mushrooms, caramelized onions, lettuce, and tomato slices. Spread mayonnaise, ketchup, and mustard on the buns.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Swiss Burgers with your choice of side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 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)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
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	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	85 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

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	10 mg	0.29%	0.38%
Zinc	20 mg	181.82%	250%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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