

# Patty Melt

Yield: 2 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-buttermilk-rye-bread-recipe>

## Ingredients:

- 2 onions about 1 pound / 450g
- 3 tablespoons unsalted butter
- ground black pepper
- salt
- 14 ounces ground beef
- 4 slices cheese Swiss-style, such as Emmenthal
- 4 slices rye bread Jewish

## Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 240 milligrams
4. Fat: 67 grams
5. Fiber: 6 grams
6. Protein: 59 grams
7. SaturatedFat: 35 grams
8. Sodium: 1300 milligrams
9. Sugar: 8 grams
10. TransFat: 2 grams

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