



Authentic Elvis Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon thick
- 4 slices cheddar cheese
- 1 large dill pickle sliced
- 1 pound ground beef
- 4 servings salt and ground pepper black to taste
- 4 hamburger buns
- 4 teaspoons catsup to taste
- 1 cup lettuce shredded
- 1 onion chopped to taste

- 4 teaspoons peanut butter
- 1 tomatoes sliced

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- kitchen thermometer
- broiler

Directions

- Divide ground beef into 4 patties, sprinkle with salt and black pepper, and set aside.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on paper towels and keep warm. Cook onion in the bacon drippings until lightly browned, about 10 minutes, stirring often; sprinkle with sugar during frying if desired. Set onion aside.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Open hamburger buns and place onto a baking sheet with cut sides up; toast under the broiler until browned, 1 to 2 minutes. Set buns aside.
- Pan fry ground beef patties in the same skillet as onions until browned and the juices run clear, 5 to 8 minutes per side. An instant-read meat thermometer inserted into the center of a burger should read at least 160 degrees F (70 degrees C).
- Place a slice of Cheddar cheese onto each patty and allow cheese to melt.
- To assemble, spread peanut butter onto bottom halves of buns; spread ketchup onto top halves. Top the peanut butter with pickle slices, cooked onion, burgers with cheese, a slice of bacon, several tomato slices, and about 1/4 cup shredded lettuce per sandwich.

Nutrition Facts



■ PROTEIN 20.62% ■ FAT 60.46% ■ CARBS 18.92%

Properties

Glycemic Index:58, Glycemic Load:14.18, Inflammation Score:-7, Nutrition Score:22.54391315709%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 645.27kcal (32.26%), Fat: 43.23g (66.51%), Saturated Fat: 16.11g (100.7%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 27.84g (10.12%), Sugar: 7.85g (8.73%), Cholesterol: 112.03mg (37.34%), Sodium: 902.04mg (39.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.34%), Selenium: 38.46µg (54.95%), Vitamin B12: 2.8µg (46.72%), Vitamin B3: 8.89mg (44.47%), Zinc: 6.31mg (42.09%), Phosphorus: 385.07mg (38.51%), Vitamin B6: 0.58mg (29.2%), Vitamin B1: 0.41mg (27.12%), Vitamin B2: 0.45mg (26.42%), Manganese: 0.5mg (24.86%), Calcium: 239.6mg (23.96%), Iron: 4.25mg (23.61%), Folate: 77.03µg (19.26%), Potassium: 651.99mg (18.63%), Vitamin K: 17.4µg (16.57%), Magnesium: 60.49mg (15.12%), Vitamin E: 1.85mg (12.34%), Vitamin A: 613.93IU (12.28%), Copper: 0.21mg (10.61%), Fiber: 2.59g (10.35%), Vitamin C: 8.22mg (9.97%), Vitamin B5: 0.94mg (9.45%), Vitamin D: 0.3µg (2.02%)