



Bacon and Blue Cheese Burgers

READY IN

ready

140 min.

SERVINGS

servings

12

CALORIES

calories

349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces cheese blue
- ☐ 12 slices bacon cooked
- ☐ 1 teaspoon mustard dry
- ☐ 0.5 cup chives fresh minced
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 12 hamburger rolls split
- ☐ 3 pounds ground beef lean
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 1.5 teaspoons salt

- ☐ 1 tablespoon steak sauce
- ☐ 0.8 teaspoon worcestershire sauce

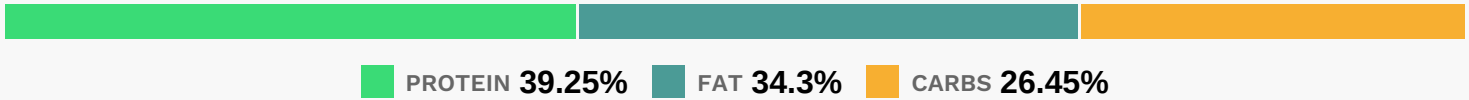
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Mix ground beef, chives, steak sauce, salt, pepper, mustard, Worcestershire sauce, and hot pepper sauce together in a bowl. Cover bowl with plastic wrap and refrigerate for 2 hours.
- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Form beef mixture into 12 patties.
- ☐ Cook the patties until they are firm, hot in the center, and just turning from pink to grey, about 5 minutes per side. An instant-read thermometer inserted into the center should read 150 degrees F (65 degrees C). Put burgers on split rolls; top with bacon and blue cheese to serve.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:12.97, Inflammation Score:-4, Nutrition Score:18.289130542589%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 349.37kcal (17.47%), Fat: 12.95g (19.93%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.58g (7.85%), Sugar: 3.38g (3.76%), Cholesterol: 85.31mg (28.44%), Sodium: 848.83mg (36.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.35g (66.69%), Selenium: 37.24µg (53.19%), Vitamin

B12: 2.83µg (47.14%), Vitamin B3: 9mg (44.99%), Zinc: 6.61mg (44.06%), Phosphorus: 338.83mg (33.88%), Vitamin B6: 0.54mg (26.75%), Iron: 4.38mg (24.32%), Vitamin B1: 0.33mg (22.07%), Vitamin B2: 0.37mg (21.7%), Potassium: 524.39mg (14.98%), Manganese: 0.29mg (14.31%), Folate: 51.68µg (12.92%), Calcium: 126.44mg (12.64%), Magnesium: 41.37mg (10.34%), Vitamin B5: 0.99mg (9.9%), Copper: 0.16mg (7.78%), Vitamin K: 6.5µg (6.19%), Fiber: 0.9g (3.59%), Vitamin E: 0.52mg (3.46%), Vitamin A: 153.12IU (3.06%), Vitamin C: 1.74mg (2.1%), Vitamin D: 0.19µg (1.28%)