



Bacon and Onion Smothered Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 1 lb ground beef lean
- ☐ 4 tablespoons barbecue sauce
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon pepper
- ☐ 4 hawaiian rolls split

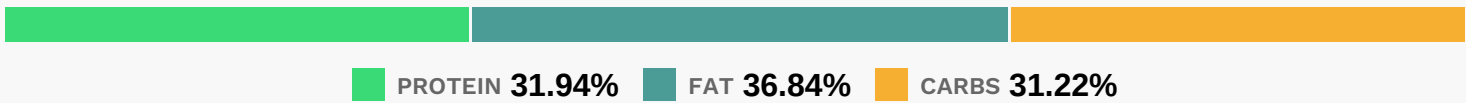
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In medium skillet, cook bacon and onion over medium heat until bacon is crisp and onion is tender, stirring frequently.
- ☐ Meanwhile, in medium bowl, combine ground beef, 2 tablespoons of the barbecue sauce, seasoned salt and pepper; mix well. Shape mixture into 4 patties, 1/2 inch thick.
- ☐ With slotted spoon, remove bacon-onion mixture from skillet; cover to keep warm.
- ☐ Add patties to same skillet; cook over medium heat for 10 to 12 minutes or until thoroughly cooked, turning once.
- ☐ Spread remaining 2 tablespoons barbecue sauce on bottom halves of buns. Top each with burger, bacon-onion mixture and top half of bun.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:13.3, Inflammation Score:-4, Nutrition Score:17.873043272806%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 405.48kcal (20.27%), Fat: 16.22g (24.95%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 29.61g (10.77%), Sugar: 9.79g (10.88%), Cholesterol: 84.83mg (28.28%), Sodium: 904.66mg (39.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.27%), Selenium: 36.18µg (51.69%), Vitamin B12: 2.74µg (45.6%), Vitamin B3: 9.04mg (45.21%), Zinc: 6.41mg (42.74%), Phosphorus: 309.14mg (30.91%), Vitamin B6: 0.57mg (28.38%), Iron: 4.43mg (24.63%), Vitamin B1: 0.35mg (23.6%), Vitamin B2: 0.34mg (20.21%), Potassium: 559.9mg (16%), Manganese: 0.32mg (15.8%), Folate: 50.26µg (12.57%), Magnesium: 41.97mg (10.49%), Vitamin B5: 0.91mg (9.05%), Calcium: 84.33mg (8.43%), Copper: 0.17mg (8.29%), Fiber: 1.3g (5.21%), Vitamin E: 0.67mg (4.49%), Vitamin K: 3µg (2.86%), Vitamin C: 2.14mg (2.6%), Vitamin D: 0.2µg (1.34%)