



## Bacon and Roquefort Stuffed Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon crumbled cooked
- 2 tablespoons dijon mustard
- 1 teaspoon thyme leaves fresh chopped
- 2 pounds ground beef
- 0.5 teaspoon ground pepper black
- 4 hamburger buns split toasted
- 4 leaves lettuce
- 1 onion red sliced
- 4 ounces roquefort blue crumbled

- 1 tomatoes sliced
- 1 tablespoon worcestershire sauce

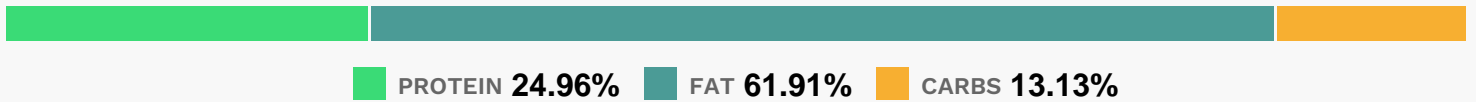
## Equipment

- bowl
- grill

## Directions

- In a large bowl, lightly mix the ground beef, Worcestershire sauce, mustard and pepper. Divide into 8 equal portions and flatten each one into 1/4 inch thick patty. In a separate bowl, combine the crumbled bacon, Roquefort cheese and thyme.
- Place an equal portion of the bacon mixture onto 4 of the patties. Top with the remaining 4 patties, pressing the edges together to enclose the filling.
- Preheat a grill for medium heat. When hot, lightly oil the grate.
- Grill the patties for 6 to 8 minutes on each side, or until cooked through.
- Serve immediately on toasted buns, topped with tomato, onion and lettuce.

## Nutrition Facts



## Properties

Glycemic Index:73.75, Glycemic Load:14.06, Inflammation Score:-8, Nutrition Score:30.856956813646%

## 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: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

## Nutrients (% of daily need)

Calories: 860.18kcal (43.01%), Fat: 58.36g (89.78%), Saturated Fat: 24.07g (150.45%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 25.68g (9.34%), Sugar: 5.94g (6.6%), Cholesterol: 190.21mg (63.4%), Sodium:

966.08mg (42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.94g (105.88%), Vitamin B12: 5.37µg (89.54%), Selenium: 56.61µg (80.87%), Zinc: 10.97mg (73.15%), Vitamin B3: 12.82mg (64.11%), Phosphorus: 571.05mg (57.11%), Vitamin B6: 0.92mg (45.91%), Iron: 6.67mg (37.05%), Vitamin B2: 0.62mg (36.4%), Vitamin B1: 0.43mg (28.6%), Calcium: 276.55mg (27.66%), Potassium: 953.23mg (27.24%), Manganese: 0.42mg (20.85%), Folate: 79.79µg (19.95%), Vitamin B5: 1.81mg (18.15%), Magnesium: 69.52mg (17.38%), Copper: 0.26mg (12.8%), Vitamin K: 11.86µg (11.29%), Vitamin A: 550.36IU (11.01%), Vitamin C: 8.41mg (10.2%), Vitamin E: 1.37mg (9.12%), Fiber: 2.16g (8.65%), Vitamin D: 0.4µg (2.67%)