



Bacon Blue Cheese Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon cooked
- 2 Tbsp athenos cheese blue crumbled
- 0.5 cup philadelphia cream cheese spread ()
- 1 lb ground beef lean
- 2 tsp milk
- 4 slices onion red thin
- 4 kaiser rolls split
- 1 tomatoes cut into 4 slices

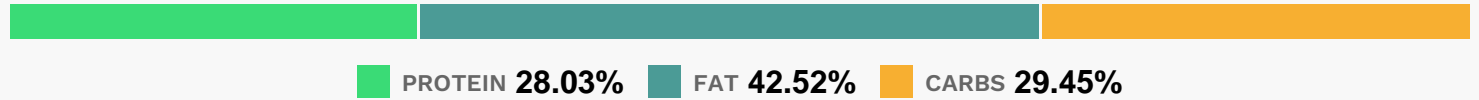
Equipment

grill

Directions

- Heat grill to medium heat.
- Shape ground beef into 4 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (160F). Meanwhile, mix cream cheese spread, milk and blue cheese until blended.
- Spread cream cheese mixture onto cut sides of rolls. Fill with vegetables, burgers and bacon.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:23.63, Inflammation Score:-5, Nutrition Score:17.347391268481%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 515.7kcal (25.78%), Fat: 23.91g (36.79%), Saturated Fat: 10.14g (63.4%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 35.59g (12.94%), Sugar: 6.75g (7.5%), Cholesterol: 105.34mg (35.1%), Sodium: 687.96mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.93%), Iron: 13.56mg (75.35%), Vitamin B12: 2.71µg (45.11%), Zinc: 6.21mg (41.41%), Vitamin B3: 7.35mg (36.76%), Selenium: 24.78µg (35.4%), Phosphorus: 283.72mg (28.37%), Vitamin B6: 0.55mg (27.59%), Potassium: 541.94mg (15.48%), Vitamin B2: 0.23mg (13.34%), Vitamin A: 564.89IU (11.3%), Vitamin B5: 0.96mg (9.65%), Vitamin B1: 0.13mg (8.5%), Magnesium: 33.48mg (8.37%), Calcium: 79.6mg (7.96%), Fiber: 1.67g (6.69%), Vitamin C: 5.25mg (6.36%), Copper: 0.12mg (6.08%), Vitamin E: 0.59mg (3.94%), Folate: 14.2µg (3.55%), Manganese: 0.07mg (3.36%), Vitamin K: 2.92µg (2.78%), Vitamin D: 0.25µg (1.64%)