



Bacon Bourbon Burgers

 Popular

READY IN



25 min.

SERVINGS



2

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bourbon four roses® (such as)
- 2 teaspoons brown sugar
- 2 slices cheddar cheese
- 2 slices bacon cooked cut into halves
- 0.5 teaspoon garlic salt
- 2 hamburger buns split
- 0.5 pound ground beef lean
- 2 leaves lettuce

- 2 teaspoons steak seasoning montreal steak seasoning® (such as)
- 2 slices tomatoes
- 2 teaspoons worcestershire sauce

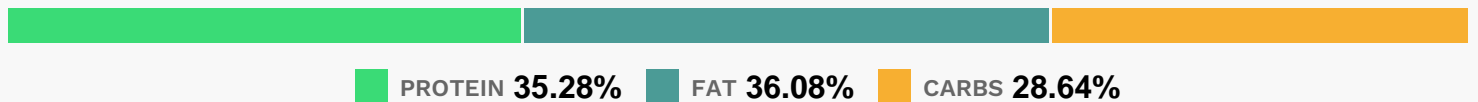
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Preheat an outdoor grill for high heat and lightly oil the grate.
- Mix ground beef, bourbon, Worcestershire sauce, brown sugar, steak seasoning, and garlic salt in a bowl; divide and shape into 2 patties.
- Cook on the preheated grill for about 5 minutes; turn, top each burger with bacon and Cheddar cheese, and continue cooking until the burgers are cooked to your desired degree of doneness, about 5 minutes more for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- Serve on split buns topped with tomato and lettuce.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:13.04, Inflammation Score:-5, Nutrition Score:21.030000080233%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 426.71kcal (21.34%), Fat: 16.1g (24.77%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.65g (10.05%), Sugar: 7.91g (8.79%), Cholesterol: 95.23mg (31.74%), Sodium: 1194.8mg (51.95%), Alcohol: 2.51g (100%), Alcohol %: 1.5% (100%), Protein: 35.43g (70.86%), Selenium: 40.53µg (57.89%), Vitamin B12: 2.89µg (48.23%), Zinc: 7.05mg (46.99%), Vitamin B3: 9mg (44.99%), Phosphorus: 386.18mg (38.62%), Iron: 5.37mg (29.85%), Vitamin B6: 0.56mg (27.92%), Vitamin B2: 0.42mg (24.58%), Vitamin B1: 0.34mg (22.89%), Calcium: 224.76mg (22.48%), Manganese: 0.41mg (20.31%), Vitamin K: 20.99µg (19.99%), Potassium: 578.75mg (16.54%), Folate: 55.41µg (13.85%), Magnesium: 48.21mg (12.05%), Copper: 0.18mg (9.18%), Vitamin B5: 0.9mg (9.01%), Vitamin A: 279.6IU (5.59%), Fiber: 1.1g (4.43%), Vitamin E: 0.65mg (4.3%), Vitamin C: 1.94mg (2.35%), Vitamin D: 0.25µg (1.65%)