



Bacon Burger Dogs

READY IN



70 min.

SERVINGS



4

CALORIES



1247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce lager beer
- ☐ 0.5 pound ground beef chuck
- ☐ 4 hot dog buns split
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 4 pork bratwursts fresh
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.5 onion sweet finely chopped
- ☐ 16 slices center-cut bacon

- ☐ 0.5 teaspoon worcestershire sauce

Equipment

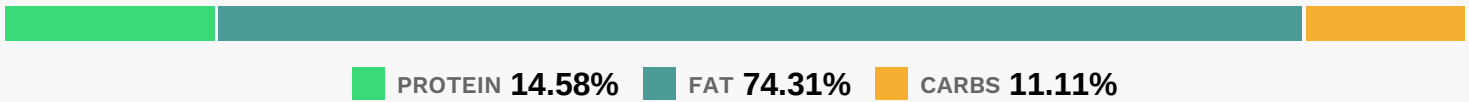
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen scissors
- ☐ kitchen twine

Directions

- ☐ Put the bratwursts in a medium pot in a single layer.
- ☐ Pour in the beer, then add enough water to cover the bratwursts by 1 inch, if necessary. Bring to a boil, then reduce the heat to medium low. Simmer until the bratwursts are cooked through, 12 to 14 minutes.
- ☐ Remove to a plate and allow to cool completely.
- ☐ Meanwhile, combine the ground beef, Worcestershire sauce, 1/2 teaspoon salt and a few grinds of pepper in a medium bowl. Gently mix with your hands and divide into 4 equal portions.
- ☐ Lay out a piece of plastic wrap. Arrange 4 bacon slices side by side on the plastic to form a rectangle, overlapping them slightly. Position the bacon rectangle with a short end in front of you. Press a portion of the beef over the half of the bacon rectangle closest to you.
- ☐ Place a bratwurst horizontally on top of the beef. Using the plastic wrap to help, tightly roll the bacon and beef around the bratwurst away from you; remove the plastic wrap. Secure the bacon with kitchen twine in 3 or 4 spots. Repeat to wrap the remaining bratwursts.
- ☐ Place the bacon-wrapped bratwursts seam-side down in a large nonstick skillet over medium heat. Cook, turning, until the bacon is crisp and the beef is cooked through, about 10 minutes.
- ☐ Remove to a plate, tent with foil and let rest 10 minutes.

- ☐ Meanwhile, preheat the broiler.
- ☐ Drizzle the insides of the buns with olive oil.
- ☐ Place on a baking sheet and broil until golden brown, about 1 minute. Use scissors to remove the twine from the bratwursts.
- ☐ Place on the buns and top with the chopped onion and cheese.
- ☐ Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:15.36, Inflammation Score:-7, Nutrition Score:26.627826110176%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 1247.32kcal (62.37%), Fat: 98.49g (151.52%), Saturated Fat: 32.96g (206.01%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 32g (11.64%), Sugar: 5.34g (5.93%), Cholesterol: 179.49mg (59.83%), Sodium: 1612.88mg (70.13%), Alcohol: 6.63g (100%), Alcohol %: 1.62% (100%), Protein: 43.49g (86.99%), Selenium: 63.68µg (90.96%), Vitamin B3: 11.87mg (59.33%), Vitamin B1: 0.85mg (56.52%), Phosphorus: 543.65mg (54.36%), Vitamin B12: 2.51µg (41.78%), Vitamin B6: 0.83mg (41.44%), Zinc: 5.98mg (39.84%), Vitamin B2: 0.56mg (32.66%), Calcium: 298.26mg (29.83%), Vitamin E: 3.2mg (21.36%), Iron: 3.65mg (20.27%), Potassium: 676.37mg (19.32%), Folate: 70.75µg (17.69%), Magnesium: 62.56mg (15.64%), Manganese: 0.31mg (15.36%), Vitamin B5: 1.46mg (14.58%), Vitamin K: 12.3µg (11.71%), Copper: 0.19mg (9.7%), Vitamin A: 340.31IU (6.81%), Vitamin D: 0.8µg (5.35%), Fiber: 1.14g (4.55%), Vitamin C: 2.79mg (3.38%)