



## Bacon Burgers on Brioche Buns

READY IN



40 min.

SERVINGS



40

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 12 ounces round of président brie sliced
- ☐ 8 brioche burger buns split
- ☐ 3 pounds ground chuck and ground sirloin mixed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 6 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 2 medium onions red thinly sliced
- ☐ 40 servings salt and pepper freshly ground
- ☐ 12 ounces bacon thick-cut

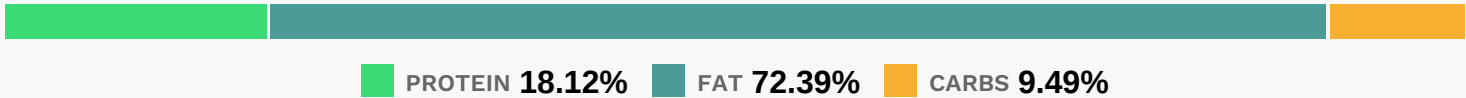
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ grill pan

# Directions

- ☐ Preheat the oven to 40
- ☐ On a rimmed baking sheet, toss the onions with 2 tablespoons of the olive oil and roast until softened, about 20 minutes.
- ☐ Meanwhile, in a small bowl, whisk the mayonnaise with the lemon juice. Gradually whisk in the remaining 1/4 cup of olive oil and season with salt and pepper.
- ☐ In a large skillet, cook the bacon over moderately high heat until crisp.
- ☐ Drain on paper towels and break each strip in half.
- ☐ Light a grill or preheat a grill pan. Form the ground meat into eight patties. Season generously with salt and pepper and brush with olive oil. Grill over moderately high heat until well-browned on the bottom, 5 minutes. Flip the burgers, mound the brie on top and grill for 4 minutes longer, until the cheese is slightly melted and the burgers are medium-rare.
- ☐ Spread the lemon mayonnaise on the cut sides of the buns; set the burgers on the bottoms and top with the bacon and onions. Close the burgers and serve right away.

# Nutrition Facts



# Properties

Glycemic Index:4.15, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:5.569565275441%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 214.24kcal (10.71%), Fat: 17.07g (26.27%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.79g (1.74%), Sugar: 0.93g (1.04%), Cholesterol: 39.45mg (13.15%), Sodium: 386.91mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.23%), Vitamin B12: 0.93µg (15.52%), Selenium: 10.48µg (14.97%), Zinc: 1.8mg (12.01%), Vitamin B3: 2.18mg (10.89%), Phosphorus: 92.92mg (9.29%), Vitamin B6: 0.17mg (8.25%), Vitamin B2: 0.13mg (7.6%), Vitamin K: 7.07µg (6.73%), Vitamin B1: 0.09mg (6.25%), Iron: 1.06mg (5.91%), Folate: 17.33µg (4.33%), Vitamin E: 0.62mg (4.11%), Potassium: 141.54mg (4.04%), Calcium: 36.26mg (3.63%), Manganese: 0.06mg (3.13%), Vitamin B5: 0.29mg (2.89%), Magnesium: 11.11mg (2.78%), Copper: 0.04mg (1.91%), Vitamin A: 55.56IU (1.11%)