



Bacon Cheddar French Onion Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon gluten-free cooked
- 6 oz cheddar cheese
- 6 hamburger buns gluten-free split
- 1.5 lb ground beef 80% lean (at least)
- 18 oz onion soup mix french canned
- 0.3 teaspoon pepper
- 1 teaspoon salt

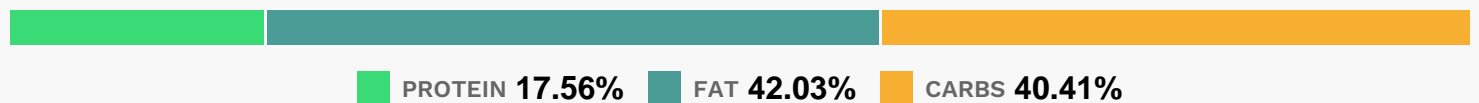
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill for direct heat. Carefully brush oil on grill rack. In large bowl, mix beef, 2/3 cup of the soup, salt and pepper. Shape mixture into 6 patties, about 1/2 inch thick. Spray both sides of patties with cooking spray.
- Place patties on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning once, until meat thermometer inserted in center of patties reads 160F.
- Add cheese slices during last 1 to 3 minutes of grilling or until cheese is melted. Top each burger with 2 slices bacon.
- Serve in buns.
- If desired; heat remaining soup until hot and serve with burgers (or reserve for another use).

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:25.127826327863%

Nutrients (% of daily need)

Calories: 902.09kcal (45.1%), Fat: 42.14g (64.83%), Saturated Fat: 17.44g (109.02%), Carbohydrates: 91.18g (30.39%), Net Carbohydrates: 83.8g (30.47%), Sugar: 6.65g (7.39%), Cholesterol: 124.7mg (41.57%), Sodium: 8131.08mg (353.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.22%), Phosphorus: 550.67mg (55.07%), Selenium: 37.4µg (53.43%), Vitamin B12: 2.9µg (48.36%), Vitamin B6: 0.97mg (48.33%), Zinc: 7.22mg (48.16%), Vitamin B3: 7.74mg (38.7%), Calcium: 362.22mg (36.22%), Vitamin B2: 0.56mg (33.13%), Manganese: 0.59mg (29.74%), Fiber: 7.37g (29.49%), Potassium: 1022.23mg (29.21%), Vitamin B1: 0.38mg (25.6%), Iron: 3.78mg (21.01%), Magnesium: 83.07mg (20.77%), Copper: 0.4mg (19.85%), Vitamin B5: 1.59mg (15.93%), Vitamin A: 303.2IU (6.06%), Vitamin E: 0.86mg (5.71%), Vitamin K: 4.05µg (3.86%), Vitamin C: 2.89mg (3.51%), Folate: 13.91µg (3.48%), Vitamin D: 0.35µg (2.32%)