



Bacon-Cheddar Stuffed Burgers

READY IN



29 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 0.3 cup bull's-eye barbecue sauce texas style
- 1 lb ground beef
- 4 hamburger buns
- 0.3 cup miracle whip dressing
- 2 slices onion red separated
- 4 deli deluxe process sharp cheddar cheese quartered kraft

Equipment

grill

Directions

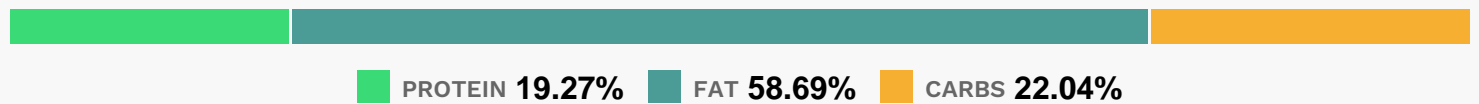
Heat grill to medium-high heat.

Shape meat into 8 thin patties. Reserve half the cheese and bacon. Top 4 patties with remaining cheese and bacon; cover with remaining patties. Pinch edges together to seal.

Grill 5 to 7 min. on each side or until done (160F), brushing occasionally the last few minutes with barbecue sauce.

Spread bottom halves of buns with dressing. Fill buns with burgers, remaining cheese, bacon and onions.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:16.90086958201%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 596.62kcal (29.83%), Fat: 38.35g (59%), Saturated Fat: 13.75g (85.93%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 31.05g (11.29%), Sugar: 11.01g (12.23%), Cholesterol: 104.73mg (34.91%), Sodium: 823.38mg (35.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.65%), Selenium: 35.89µg (51.27%), Vitamin B12: 2.69µg (44.81%), Vitamin B3: 8.03mg (40.17%), Zinc: 5.52mg (36.82%), Phosphorus: 281.1mg (28.11%), Vitamin B1: 0.38mg (25.4%), Vitamin B6: 0.5mg (25.18%), Iron: 3.96mg (22%), Vitamin B2: 0.34mg (19.92%), Manganese: 0.28mg (14.22%), Potassium: 484.24mg (13.84%), Folate: 50.26µg (12.56%), Calcium: 99.52mg (9.95%), Magnesium: 36.42mg (9.11%), Vitamin B5: 0.79mg (7.94%), Copper: 0.15mg (7.29%), Vitamin E: 0.87mg (5.83%), Fiber: 1.36g (5.43%), Vitamin K: 4.48µg (4.27%), Vitamin D: 0.25µg (1.68%), Vitamin A: 73.84IU (1.48%), Vitamin C: 1.18mg (1.44%)