



Bacon Cheeseburger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces processed cheese food
- 8 slices bacon cut in half crosswise
- 4 servings pepper black freshly ground
- 1.5 pounds ground beef (15 to 20 percent fat content)
- 4 hawaiian rolls split toasted
- 4 servings lettuce
- 4 servings mayonnaise
- 4 servings kosher salt

- 4 servings toppings: such as pickles sliced
- 4 servings tomatoes sliced

Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat the oven to 200°F, arrange a rack in the middle, and place a baking sheet on the rack. Divide the meat into 4 equal portions. Shape each portion into an even 1/2-inch-thick patty that's about 1 inch wider in diameter than the hamburger buns. Using your thumb, make a shallow 1-1/2-inch-wide indentation in the center of each patty.
- Place the bacon in a large frying pan. Cook over medium heat, turning once, until browned and crispy, about 10 minutes. (Depending on the size of your pan, you may need to do this in 2 batches.)
- Transfer the bacon to a paper-towel-lined plate and set it aside.
- Remove about half of the bacon fat from the pan and set it aside. Season the hamburger patties generously on both sides so that you can see a thin layer of salt and pepper. Return the pan to medium heat, place 2 of the patties in the pan indentation-side up, and let them cook undisturbed in the bacon fat until browned on the bottom (do not press down on them), about 4 minutes. Flip the patties over, place 2 slices of cheese on each, and continue cooking until the patties are just slightly pink in the center for medium and the cheese is melted, about 4 minutes more.
- Transfer to the baking sheet in the oven to keep warm. Wipe out the pan with paper towels, add the reserved bacon fat, and cook the remaining 2 patties. When all of the burgers are ready, place a patty on each bun bottom, top with 4 of the bacon pieces, garnish as desired, and cover with a bun top.

Nutrition Facts

 PROTEIN 20.37%  FAT 65.33%  CARBS 14.3%

Properties

Glycemic Index:60.25, Glycemic Load:15.67, Inflammation Score:-9, Nutrition Score:39.087391749672%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 973.37kcal (48.67%), Fat: 70.44g (108.37%), Saturated Fat: 27.53g (172.06%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 30.03g (10.92%), Sugar: 11.43g (12.7%), Cholesterol: 194.01mg (64.67%), Sodium: 2090.56mg (90.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.83%), Selenium: 54.83µg (78.33%), Vitamin B12: 4.59µg (76.48%), Phosphorus: 720.52mg (72.05%), Zinc: 9.52mg (63.47%), Calcium: 609.12mg (60.91%), Vitamin B3: 12.04mg (60.2%), Vitamin K: 59.5µg (56.67%), Vitamin A: 2486.84IU (49.74%), Vitamin B6: 0.92mg (46.03%), Vitamin B1: 0.57mg (37.91%), Potassium: 1282.03mg (36.63%), Vitamin B2: 0.61mg (35.83%), Vitamin C: 29.08mg (35.24%), Iron: 6.24mg (34.68%), Manganese: 0.64mg (31.88%), Folate: 113.96µg (28.49%), Magnesium: 85.94mg (21.48%), Fiber: 4.68g (18.71%), Vitamin E: 2.69mg (17.9%), Copper: 0.34mg (16.81%), Vitamin B5: 1.55mg (15.51%), Vitamin D: 0.61µg (4.06%)