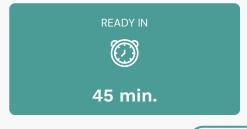


Bacon Cheeseburger

airy Free







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
Εq	uipment
	frying pan
	baking sheet
	paper towels
	oven
Diı	rections
	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, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, 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: Og (100%), Alcohol %: O% (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: O.92mg (46.03%), Vitamin B1: O.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%)