



Bacon Cheeseburger Wellingtons

READY IN



55 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon halved
- ☐ 4 oz cheddar cheese
- ☐ 8 teaspoons dijon mustard
- ☐ 1 garlic clove minced
- ☐ 1 lb ground beef lean
- ☐ 0.3 teaspoon pepper
- ☐ 16 oz regular crescent rolls refrigerated canned
- ☐ 1 tablespoon suya seasoning mix (from 1-oz. pkg.)

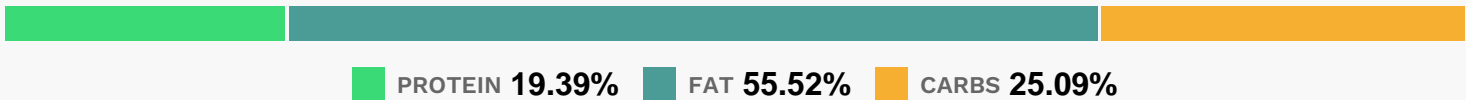
Equipment

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

Directions

- ☐ In large bowl, combine ground beef, seasoning mix, garlic and pepper; mix well. Shape mixture into 4 patties, 1/2 inch thick.
- ☐ Heat large skillet over medium heat until hot.
- ☐ Add patties; cook 10 to 12 minutes or until thoroughly cooked, turning once.
- ☐ Remove patties from skillet; drain on paper towels. Cool 5 minutes.
- ☐ Heat oven to 375F. Unroll dough forming 13x6 1/2-inch rectangle. Firmly press perforations to seal.
- ☐ Cut dough crosswise into 2 squares. Repeat with remaining can of dough, forming a total of 4 squares.
- ☐ Spread each square with 2 teaspoons mustard.
- ☐ Place 1 cooked patty, 2 half slices bacon and 1 slice cheese in center of each square. Bring the 4 corners of each dough square together in center; twist to form knot in center. Pinch edges to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake at 375F. for 17 to 23 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:19.977825908557%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 776.98kcal (38.85%), Fat: 48.93g (75.27%), Saturated Fat: 21.21g (132.57%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 47.69g (17.34%), Sugar: 11.73g (13.04%), Cholesterol: 113.18mg (37.73%), Sodium: 1407.14mg (61.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.45g (76.9%), Selenium: 35.86µg (51.22%), Vitamin B12: 2.95µg (49.18%), Zinc: 7.25mg (48.3%), Phosphorus: 403.67mg (40.37%), Vitamin B3: 7.36mg (36.82%), Iron: 5.81mg (32.26%), Vitamin B6: 0.58mg (28.89%), Calcium: 278.98mg (27.9%), Vitamin K: 24.37µg (23.21%), Vitamin B2: 0.35mg (20.74%), Potassium: 523.99mg (14.97%), Manganese: 0.27mg (13.56%), Magnesium: 50.42mg (12.61%), Vitamin B5: 1.04mg (10.37%), Vitamin B1: 0.14mg (9.5%), Vitamin E: 1.34mg (8.91%), Fiber: 2.05g (8.19%), Vitamin A: 362.93IU (7.26%), Copper: 0.14mg (7.03%), Folate: 21.13µg (5.28%), Vitamin D: 0.37µg (2.48%)