



Bacon Cheeseburgers

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound processed cheese food
- 1 pound bacon diced sliced
- 5 pounds ground beef
- 1 large onion chopped
- 16 servings salt and pepper to taste
- 0.3 cup steak sauce

Equipment

- food processor

- bowl
- frying pan
- grill
- slotted spoon

Directions

- Preheat a grill for high heat.
- Place bacon in a large skillet over medium heat. Fry, stirring occasionally. When the bacon is almost done, add the onion. Cook until the bacon is crisp, and the onion is tender.
- Remove onion and bacon from the pan with a slotted spoon, and transfer to a food processor. Pulse a couple of times to chop finely. Do not puree.
- Pour into a large bowl, and mix with steak sauce and ground chuck using your hands. Form into 16 patties.
- Place patties on the grill, and cook for 5 minutes per side, or until well done.
- Place a slice of cheese on top of each one during the last minute.

Nutrition Facts

PROTEIN 22.79% **FAT 75.09%** **CARBS 2.12%**

Properties

Glycemic Index:3.38, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:17.661304453145%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 590.69kcal (29.53%), Fat: 48.63g (74.82%), Saturated Fat: 19.77g (123.55%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.4g (1.56%), Cholesterol: 147.7mg (49.23%), Sodium: 1011.37mg (43.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.41%), Vitamin B12: 3.6µg (60.01%), Selenium: 32.76µg (46.81%), Zinc: 6.99mg (46.63%), Phosphorus: 450.44mg (45.04%), Vitamin B3: 7.2mg (35.99%), Calcium: 326.16mg (32.62%), Vitamin B6: 0.56mg (28.18%), Vitamin B2: 0.3mg (17.86%), Iron: 3.12mg (17.31%), Potassium: 501.5mg (14.33%), Vitamin B5: 0.99mg (9.95%), Vitamin B1: 0.15mg (9.93%), Magnesium: 36.44mg (9.11%), Vitamin

E: 0.97mg (6.5%), Copper: 0.12mg (6.11%), Vitamin A: 289.46IU (5.79%), Folate: 14.27µg (3.57%), Vitamin K: 3.41µg (3.24%), Vitamin D: 0.43µg (2.83%), Manganese: 0.05mg (2.4%), Vitamin C: 0.94mg (1.14%)