



Bacon Gouda Patties

READY IN

ready

35 min.

SERVINGS

servings

2

CALORIES

calories

1205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 cup bread crumbs
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.8 cup gouda cheese shredded
- ☐ 1 pound ground beef

- ☐ 2 servings salt and ground pepper black to taste
- ☐ 2 hamburger buns split toasted

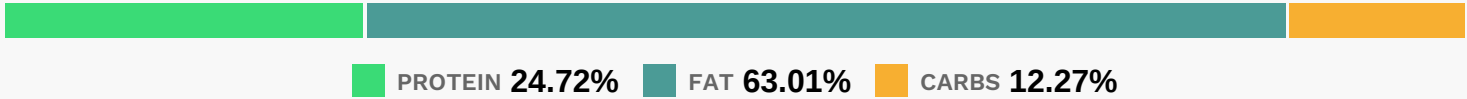
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Cool and crumble into a bowl. Stir in the gouda cheese, parsley, and Dijon mustard. Set filling aside.
- ☐ Place the ground beef into a mixing bowl with the bread crumbs, egg, chopped garlic, and garlic powder. Season to taste with salt and black pepper.
- ☐ Mix until evenly blended, and form into 4 very thin patties.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Divide the filling in half and spread each half onto a patty. Top filling with remaining patties to make 2 stuffed burgers. Press and seal edges tightly together to keep the filling enclosed.
- ☐ Cook stuffed burgers on the preheated grill until the patties are cooked to your desired degree of doneness and the cheese has melted, 3 to 5 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- ☐ Serve on toasted hamburger buns.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:13.92, Inflammation Score:-7, Nutrition Score:41.607825901197%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1205.42kcal (60.27%), Fat: 83.32g (128.18%), Saturated Fat: 37.19g (232.46%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 34.37g (12.5%), Sugar: 6.26g (6.95%), Cholesterol: 358.53mg (119.51%), Sodium: 1492.8mg (64.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.54g (147.08%), Selenium: 77.81µg (111.15%), Vitamin B12: 6.66µg (110.98%), Phosphorus: 1007.15mg (100.72%), Zinc: 14.16mg (94.42%), Calcium: 780.94mg (78.09%), Vitamin B3: 13.36mg (66.82%), Vitamin B2: 0.95mg (55.77%), Vitamin B6: 1.02mg (51.05%), Iron: 7.65mg (42.48%), Vitamin K: 42.36µg (40.34%), Vitamin B1: 0.59mg (39.54%), Manganese: 0.55mg (27.42%), Potassium: 928.82mg (26.54%), Folate: 104.04µg (26.01%), Magnesium: 93.53mg (23.38%), Vitamin B5: 2.05mg (20.5%), Vitamin A: 804.29IU (16.09%), Copper: 0.31mg (15.34%), Vitamin E: 1.66mg (11.06%), Fiber: 2.12g (8.47%), Vitamin D: 1.2µg (7.99%), Vitamin C: 4.68mg (5.67%)