



Bacon, Onion and Cheese Stuffed Burger

READY IN



35 min.

SERVINGS



4

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips bacon diced
- 4 burger buns
- 1 clove garlic minced
- 1.5 pounds ground beef
- 1 teaspoon sauce red hot (recommended: Frank's)
- 4 servings lettuce for garnish
- 0.5 onion chopped
- 4 servings salt and pepper black freshly ground
- 1 cup sharp cheddar grated

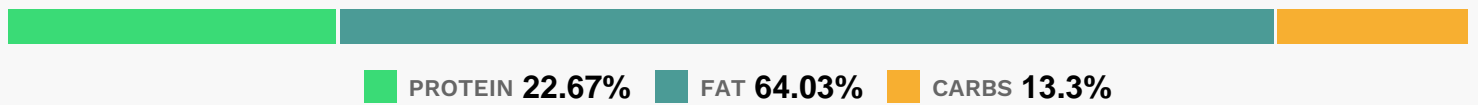
Equipment

- bowl
- frying pan
- paper towels
- grill

Directions

- Watch how to make this recipe.
- Preheat grill to medium.
- In a bowl combine beef, garlic, hot sauce, salt and pepper, to taste, being careful not to over mix. Warm a skillet over medium heat and fry bacon until crispy.
- Remove to a paper towel-lined plate to drain. Keep heat on skillet and fry a pinch of the beef in the bacon fat to test seasoning. Adjust seasoning, if needed, then form 8 even thin patties, about 1/2-inch thick and set aside.
- Saute onions in bacon fat in skillet until tender, 5 minutes.
- Place onions and bacon in a bowl with cheese. Form a spoonful of bacon-cheese mixture into a ball, then place in the center of 4 patties. Top each with another patty and seal the edges. Grill burgers over medium-high heat, flipping once until desired doneness is reached, approximately 4 minutes each side for medium.
- Serve in buns with garnishes. Alternative: In a medium skillet over medium-high heat, sear the burgers 4 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:13.43, Inflammation Score:-5, Nutrition Score:25.598261128301%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 773.69kcal (38.68%), Fat: 54.34g (83.6%), Saturated Fat: 21.82g (136.39%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 23.7g (8.62%), Sugar: 4.65g (5.16%), Cholesterol: 163.54mg (54.51%), Sodium: 1220.46mg (53.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.57%), Selenium: 49.81µg (71.15%), Vitamin B12: 4.14µg (68.93%), Zinc: 8.83mg (58.83%), Vitamin B3: 9.98mg (49.9%), Phosphorus: 488.94mg (48.89%), Vitamin B6: 0.7mg (35.14%), Calcium: 333.43mg (33.34%), Vitamin B2: 0.56mg (33.15%), Iron: 5.11mg (28.39%), Vitamin B1: 0.41mg (27.6%), Potassium: 674.25mg (19.26%), Manganese: 0.33mg (16.68%), Folate: 66.11µg (16.53%), Vitamin K: 16.96µg (16.15%), Magnesium: 55.36mg (13.84%), Vitamin B5: 1.15mg (11.48%), Copper: 0.19mg (9.75%), Vitamin A: 411.47IU (8.23%), Vitamin E: 1.2mg (8.02%), Fiber: 1.7g (6.8%), Vitamin C: 3.18mg (3.85%), Vitamin D: 0.43µg (2.85%)