



Bacon Pimiento Cheeseburgers

READY IN



20 min.

SERVINGS



6

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pounds ground beef
- ☐ 6 servings hamburger buns
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1.3 cups bacon pimiento cheese
- ☐ 1 teaspoon salt
- ☐ 1 slices toppings: tomato onion red
- ☐ 1 teaspoon worcestershire sauce

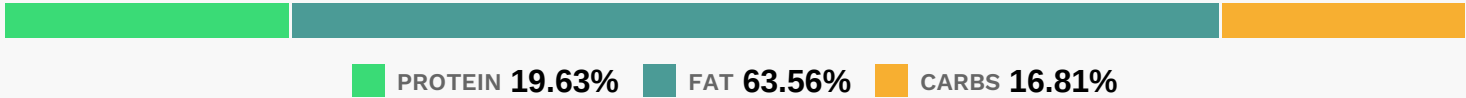
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine first 3 ingredients in a large bowl until blended. (Do not overwork meat mixture.)
Shape mixture into 6 (4-inch) patties.
- ☐ Sprinkle with salt.
- ☐ Grill, covered with grill lid, over 350 to 400 (medium-high) heat 7 to 8 minutes on each side or until beef is no longer pink. Top with Bacon Pimiento Cheese, and serve on buns with desired toppings.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:12.92, Inflammation Score:-5, Nutrition Score:20.366521726484%

Nutrients (% of daily need)

Calories: 716.12kcal (35.81%), Fat: 48.14g (74.05%), Saturated Fat: 18.2g (113.73%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 27.78g (10.1%), Sugar: 8.01g (8.9%), Cholesterol: 149.44mg (49.81%), Sodium: 1271.95mg (55.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.44g (66.89%), Vitamin B12: 3.73µg (62.1%), Selenium: 37.23µg (53.19%), Zinc: 7.43mg (49.54%), Vitamin B3: 9mg (44.99%), Phosphorus: 313.36mg (31.34%), Vitamin B6: 0.58mg (28.88%), Calcium: 286.55mg (28.65%), Iron: 4.86mg (27.03%), Vitamin B2: 0.38mg (22.44%), Vitamin B1: 0.31mg (20.52%), Potassium: 524.56mg (14.99%), Manganese: 0.3mg (14.94%), Folate: 52.53µg (13.13%), Magnesium: 39.54mg (9.88%), Vitamin A: 493.29IU (9.87%), Vitamin B5: 0.86mg (8.59%), Copper: 0.16mg (7.87%), Vitamin E: 0.82mg (5.46%), Vitamin K: 5.68µg (5.41%), Vitamin C: 4.16mg (5.04%), Fiber: 0.86g (3.44%), Vitamin D: 0.17µg (1.13%)