



Bacon Swiss Burgers with Tomato and Avocado

READY IN



45 min.

SERVINGS



4

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings avocado ripe sliced for garnish
- ☐ 8 slices bacon
- ☐ 4 servings boston lettuce leaves for garnish
- ☐ 1 pound ground beef
- ☐ 4 hawaiian rolls toasted for serving
- ☐ 4 servings onion red thinly sliced for garnish
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 slices swiss cheese

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 4 servings tomatoes ripe thinly sliced for garnish
- ☐ 4 servings vegetable oil for grilling
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ stove

Directions

- ☐ If you will be grilling the burgers, preheat a barbecue grill to medium-high.
- ☐ While the grill is heating up, cook the bacon on the stovetop in a large skillet over medium-low heat until it is just crisp, 6 to 7 minutes.
- ☐ Transfer the bacon to a plate lined with paper towels and set it aside to drain. (If you prefer to panfry the burgers, reserve 2 tablespoons of the bacon fat in the skillet.)
- ☐ Place the beef, Worcestershire, Tabasco, thyme, and salt and pepper in a bowl, and toss lightly with a fork to combine. Form the mixture into 4 patties, each about 3 inches in diameter and 1 inch thick.
- ☐ When you are ready to grill the burgers, oil the grill grate well.
- ☐ Add the burgers and grill for about 3 minutes for rare, 4 minutes for medium-rare meat. Turn them over and grill for another 3 or 4 minutes, topping the burgers with the cheese in the last minute of cooking. (Or panfry the burgers in the hot bacon fat over medium heat for 3 minutes per side for rare meat, adding the cheese as described.)
- ☐ Place the burgers on the toasted buns, and top them with the bacon, tomato, onion, avocado, and lettuce. Cover with the tops of the buns and serve immediately.
- ☐ Recipe from TEN: All the Foods We Love, Ten Recipes for Each by Sheila Lukins (Workman Publishing, 2008).

Nutrition Facts

 **PROTEIN 15.15%**  **FAT 69.33%**  **CARBS 15.52%**

Properties

Glycemic Index:67.75, Glycemic Load:15.55, Inflammation Score:-9, Nutrition Score:36.317825882331%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 976.51kcal (48.83%), Fat: 76.16g (117.17%), Saturated Fat: 22.33g (139.53%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 28.68g (10.43%), Sugar: 8.73g (9.7%), Cholesterol: 125.36mg (41.79%), Sodium: 646.75mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.44g (74.88%), Vitamin K: 66.51µg (63.35%), Selenium: 43.09µg (61.56%), Vitamin B3: 11.2mg (55.99%), Vitamin B12: 3.25µg (54.1%), Zinc: 7.27mg (48.48%), Phosphorus: 480.55mg (48.05%), Vitamin B6: 0.93mg (46.3%), Vitamin C: 35.73mg (43.3%), Folate: 159µg (39.75%), Potassium: 1387.36mg (39.64%), Fiber: 9.7g (38.82%), Vitamin A: 1844.02IU (36.88%), Vitamin B1: 0.54mg (36.09%), Vitamin E: 5.06mg (33.76%), Vitamin B2: 0.55mg (32.38%), Manganese: 0.62mg (31%), Iron: 5.04mg (28.01%), Calcium: 268.97mg (26.9%), Vitamin B5: 2.44mg (24.4%), Magnesium: 89.65mg (22.41%), Copper: 0.44mg (22.21%), Vitamin D: 0.29µg (1.93%)