



Bacon-Wrapped Barbecue Burgers

 Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 0.5 cup bottled honey barbecue sauce divided
- ☐ 1.5 pounds ground beef
- ☐ 4.5 oz mushrooms drained sliced chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 4 sesame seed hamburger buns toasted
- ☐ 0.5 cup vidalia sweet chopped

- ☐ 4 servings wooden picks
- ☐ 4 servings wooden picks

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ microwave

Directions

- ☐ Arrange bacon on a paper towel-lined microwave-safe plate; cover with a paper towel. Microwave bacon at HIGH 2 minutes or until edges begin to crinkle and bacon is partially cooked.
- ☐ Saut mushrooms and onion in hot oil in a small nonstick skillet over medium heat 4 to 5 minutes or until tender and liquid is absorbed.
- ☐ Remove from heat, and stir in 2 Tbsp. barbecue sauce.
- ☐ Preheat grill to 350 to 400 (medium-high). Shape ground beef into 8 (5-inch) thin patties.
- ☐ Place 2 Tbsp. mushroom mixture in center of each of 4 patties. Top with remaining patties, pressing edges to seal. Shape into 4-inch patties. Wrap sides of each patty with 2 bacon slices, overlapping ends of each slice. Secure bacon using wooden picks.
- ☐ Sprinkle patties with salt. Cover and chill 10 minutes.
- ☐ Grill patties, covered with grill lid, over 350 to 400 (medium-high) heat 5 to 6 minutes on 1 side. Turn and baste with half of remaining barbecue sauce. Grill 5 to 6 minutes or until beef is no longer pink in center. Turn and baste with remaining barbecue sauce.
- ☐ Remove from grill, and let stand 5 minutes.
- ☐ Remove wooden picks.
- ☐ Serve burgers on buns, and top with remaining mushroom mixture.
- ☐ Note: For testing purposes only, we used Kraft Honey Barbecue Sauce.

Nutrition Facts



 **PROTEIN 19.76%**  **FAT 61.15%**  **CARBS 19.09%**

Properties

Glycemic Index:23.5, Glycemic Load:12.96, Inflammation Score:-4, Nutrition Score:24.759999928267%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 826.69kcal (41.33%), Fat: 55.49g (85.38%), Saturated Fat: 19.57g (122.3%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 37.41g (13.6%), Sugar: 16.6g (18.44%), Cholesterol: 149.81mg (49.94%), Sodium: 1132mg (49.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.7%), Selenium: 49.45µg (70.64%), Vitamin B12: 3.96µg (65.96%), Vitamin B3: 12.13mg (60.64%), Zinc: 8.19mg (54.62%), Phosphorus: 415.02mg (41.5%), Vitamin B6: 0.78mg (38.96%), Vitamin B2: 0.57mg (33.28%), Vitamin B1: 0.47mg (31.17%), Iron: 5.39mg (29.95%), Potassium: 806.44mg (23.04%), Manganese: 0.33mg (16.62%), Vitamin B5: 1.65mg (16.54%), Folate: 62.59µg (15.65%), Copper: 0.31mg (15.35%), Magnesium: 53.29mg (13.32%), Calcium: 110.88mg (11.09%), Vitamin E: 1.58mg (10.55%), Vitamin K: 7.01µg (6.68%), Fiber: 1.59g (6.34%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.41µg (2.73%), Vitamin A: 96.99IU (1.94%)