



 7%
HEALTH SCORE

Bacon Wrapped Hamburgers

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 1 eggs
- 1 pound ground beef
- 6 hawaiian rolls split
- 1 tablespoon catsup
- 1 small onion chopped
- 1 tablespoon parmesan cheese grated
- 0.1 teaspoon pepper
- 0.5 teaspoon salt

- 0.5 cup cheddar cheese shredded
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- toothpicks
- grill

Directions

- Preheat a grill for high heat.
- In a large bowl, mix together the Cheddar cheese, Parmesan cheese, onion, egg, ketchup, Worcestershire sauce, salt and pepper. Crumble in the ground beef, and mix together by hand. Form into 6 patties, and wrap a slice of bacon around each one. Secure bacon with toothpicks.
- Place patties on the grill, and cook for 5 minutes per side, or until well done.
- Remove toothpicks before serving on hamburger buns.

Nutrition Facts



PROTEIN 20.45% **FAT 58.16%** **CARBS 21.39%**

Properties

Glycemic Index:24.67, Glycemic Load:13.18, Inflammation Score:-3, Nutrition Score:14.760869461557%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 465.62kcal (23.28%), Fat: 29.68g (45.66%), Saturated Fat: 11.26g (70.38%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 23.57g (8.57%), Sugar: 4.5g (5%), Cholesterol: 105.62mg (35.21%), Sodium: 749.07mg (32.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Selenium: 32.76µg (46.8%), Vitamin B12: 1.99µg (33.17%), Vitamin B3: 5.96mg (29.79%), Zinc: 4.24mg (28.27%), Phosphorus: 263.29mg (26.33%), Vitamin B1: 0.34mg (22.69%), Vitamin B2: 0.35mg (20.38%), Iron: 3.37mg (18.71%), Vitamin B6: 0.37mg (18.38%),

Calcium: 161.07mg (16.11%), Manganese: 0.27mg (13.74%), Folate: 53.86µg (13.47%), Potassium: 366.36mg (10.47%), Magnesium: 31.03mg (7.76%), Vitamin B5: 0.67mg (6.72%), Copper: 0.12mg (6.2%), Vitamin E: 0.71mg (4.76%), Fiber: 0.99g (3.96%), Vitamin K: 3.91µg (3.72%), Vitamin A: 165.26IU (3.31%), Vitamin D: 0.37µg (2.47%), Vitamin C: 1.89mg (2.29%)