



## Barbecue Baconloaf Buns

READY IN



45 min.

SERVINGS



12

CALORIES



471 kcal

### Ingredients

- 1 pound bacon chopped
- 0.5 cup barbecue sauce plus more for serving
- 1 cup aged cheddar cheese grated
- 12 servings dill pickles sliced for topping
- 2 large eggs beaten
- 2 tablespoons parsley fresh chopped
- 1 pound ground beef sirloin
- 12 servings kosher salt and pepper freshly ground
- 1 cup panko breadcrumbs
- 12 servings butter salted for the buns

- 12 slider buns split
- 0.5 onion yellow minced

## Equipment

- bowl
- frying pan
- oven
- slotted spoon
- muffin tray

## Directions

- Cook the bacon in a skillet over medium heat, stirring occasionally, until crisp, about 8 minutes.
- Remove with a slotted spoon; set aside.
- Pour off all but 1 tablespoon of the drippings.
- Add the onion to the skillet; saute until soft, about 8 minutes.
- Let cool.
- Preheat the oven to 375 degrees F.
- Combine the bacon, onion, beef, panko, cheese, eggs, 2 tablespoons barbecue sauce and the parsley in a large bowl; season with salt and pepper and mix with your hands until just combined.
- Spray a 12-cup muffin pan with cooking spray. Pat the meat into each muffin cup to just below the top.
- Spread 1/2 tablespoon barbecue sauce on each.
- Bake until cooked through, 12 to 15 minutes.
- Let cool in the pan.
- Meanwhile, butter the buns and toast cut-side down in a skillet over medium-high heat. Sandwich the meatloaves on the buns; top with pickles and serve with extra barbecue sauce.
- Photography by Johnny Miller

## Nutrition Facts

PROTEIN 15.36% FAT 62.19% CARBS 22.45%

## Properties

Glycemic Index:11.33, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:10.286521636921%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 471.32kcal (23.57%), Fat: 32.28g (49.66%), Saturated Fat: 12.64g (79.03%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.39g (8.87%), Sugar: 7.2g (7.99%), Cholesterol: 102.95mg (34.32%), Sodium: 847.93mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.87%), Selenium: 19.98µg (28.54%), Vitamin B12: 1.2µg (19.96%), Phosphorus: 189.57mg (18.96%), Vitamin B3: 3.56mg (17.82%), Zinc: 2.61mg (17.38%), Vitamin K: 15.13µg (14.41%), Vitamin B6: 0.27mg (13.46%), Iron: 2.33mg (12.97%), Calcium: 128.37mg (12.84%), Vitamin B1: 0.19mg (12.48%), Vitamin B2: 0.2mg (12.03%), Vitamin A: 386.86IU (7.74%), Potassium: 260.4mg (7.44%), Fiber: 1.83g (7.33%), Vitamin B5: 0.63mg (6.34%), Magnesium: 20.08mg (5.02%), Vitamin E: 0.71mg (4.76%), Folate: 17.28µg (4.32%), Manganese: 0.09mg (4.31%), Copper: 0.08mg (3.8%), Vitamin D: 0.41µg (2.75%), Vitamin C: 1.59mg (1.93%)