



BBQ Crunch Burger

READY IN



15 min.

SERVINGS



1

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon spicy bbq sauce your favorite
- ☐ 2 slices cheddar
- ☐ 8 ounce ground beef patties
- ☐ 1 serving lettuce for dressing the burger
- ☐ 4 large bbq pork rinds
- ☐ 2 teaspoons seasoning salt
- ☐ 1 bun

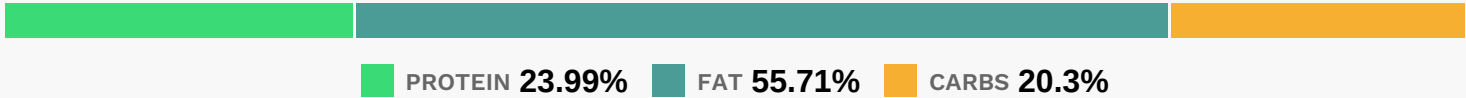
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a cast-iron skillet or flat top griddle to 350 degrees F.
- ☐ Sprinkle the burger patties with about 1/2 teaspoon seasoning salt on each side. Then place in the skillet. Cook for 2 minutes, and then flip over and continue to cook for 1 1/2 more minutes.
- ☐ Place the cheese slices on the patties and allow to melt as the patties finishing cooking.
- ☐ Toast the bun if desired. Then add 1/2 tablespoon spicy BBQ sauce to each half. Dress the bottom bun with lettuce, tomato, onion and pickles, and then stack the burger patties onto the bottom bun. Top with pork rinds, and then the top bun.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:23.18, Inflammation Score:-4, Nutrition Score:26.076087283052%

Nutrients (% of daily need)

Calories: 834.28kcal (41.71%), Fat: 50.98g (78.42%), Saturated Fat: 21.39g (133.69%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 39.91g (14.51%), Sugar: 11.09g (12.32%), Cholesterol: 158mg (52.67%), Sodium: 6112.64mg (265.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.39g (98.79%), Iron: 15.42mg (85.66%), Vitamin B12: 5.01µg (83.5%), Zinc: 10.71mg (71.37%), Selenium: 43.43µg (62.04%), Phosphorus: 498.47mg (49.85%), Vitamin B3: 8.92mg (44.58%), Vitamin B2: 0.56mg (32.92%), Calcium: 307.6mg (30.76%), Vitamin B6: 0.54mg (27.2%), Potassium: 750.62mg (21.45%), Magnesium: 56.95mg (14.24%), Vitamin K: 12.05µg (11.48%), Copper: 0.21mg (10.49%), Vitamin A: 500.83IU (10.02%), Vitamin B1: 0.14mg (9.46%), Vitamin B5: 0.9mg (9.02%), Fiber: 1.87g (7.49%), Folate: 26.3µg (6.57%), Manganese: 0.11mg (5.33%), Vitamin E: 0.47mg (3.15%), Vitamin C: 1.49mg (1.81%), Vitamin D: 0.2µg (1.36%)