



## Beef and Bacon Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 bacon
- ☐ 0.3 cup bread crumbs dried fine
- ☐ 1 large eggs
- ☐ 6 tablespoons fat-skimmed chicken broth
- ☐ 4 hamburger buns cut in half horizontally
- ☐ 1 pound ground beef lean
- ☐ 2 tablespoons mayonnaise
- ☐ 4 ounces münster cheese thinly sliced
- ☐ 2 tablespoons mustard seeds

- ☐ 0.5 teaspoon salt
- ☐ 4 servings horseradish slaw (recipe below)

## Equipment

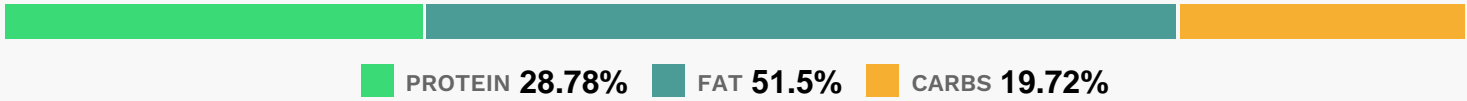
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ grill
- ☐ microwave
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ In a small microwave-safe bowl or glass measuring cup, combine 2 tablespoons chicken broth and mustard seeds.
- ☐ Heat in a microwave oven on full power (100%) until bubbling, 15 to 30 seconds.
- ☐ Pour into a large bowl and add remaining 1/4 cup broth.
- ☐ Add ground beef, bread crumbs, egg, and salt; mix well.
- ☐ Divide beef mixture into four equal portions; shape each into an evenly thick 4-inch-wide round. Wrap a slice of bacon snugly in a ring around edge of each patty, overlapping ends and securing with a toothpick. If making ahead, lay patties in a single layer on a plate, cover airtight, and chill up to 1 day.
- ☐ Lay beef patties on a lightly oiled barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); cover barbecue and open vents. Cook patties until browned on the bottom, 4 to 6 minutes. Turn with a wide spatula and continue to cook until patties feel firm when pressed and are no longer pink in the center (cut to test), 4 to 7 minutes longer. Cover meat evenly with cheese and lay buns, cut side down, on grill; cover and cook until cheese is melted and buns are toasted, 2 to 3 minutes.
- ☐ Spread toasted sides of each bun with mayonnaise. Set a beef patty on each bun bottom. Pull out toothpicks and discard. Top each with horseradish slaw and cover with bun top.

☐ Horseradish slaw: In a blender or in a bowl with a fork, mix 1/4 cup cream cheese or Neufchâtel (light cream) cheese with 3 tablespoons fat-skimmed chicken broth, 2 tablespoons prepared horseradish, and 1 tablespoon lemon juice. In a bowl, mix horseradish dressing with 3 cups finely shredded cabbage (8 oz.; sometimes labeled angel hair), 1 tablespoon minced onion, and salt and pepper to taste. If making ahead, cover and chill up to 1 day; mix before serving. Makes 1 1/2 cups.

## Nutrition Facts



### Properties

Glycemic Index:45.75, Glycemic Load:13, Inflammation Score:-5, Nutrition Score:25.518695473671%

### Nutrients (% of daily need)

Calories: 592.61kcal (29.63%), Fat: 33.4g (51.39%), Saturated Fat: 12.65g (79.09%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 26.99g (9.81%), Sugar: 4.39g (4.88%), Cholesterol: 161.48mg (53.83%), Sodium: 1104.84mg (48.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42g (84%), Selenium: 57.6µg (82.28%), Vitamin B12: 3.34µg (55.67%), Phosphorus: 517.91mg (51.79%), Zinc: 7.75mg (51.69%), Vitamin B3: 9.79mg (48.93%), Calcium: 312.5mg (31.25%), Vitamin B2: 0.52mg (30.82%), Vitamin B1: 0.46mg (30.79%), Iron: 5.48mg (30.47%), Vitamin B6: 0.6mg (30.11%), Manganese: 0.46mg (22.96%), Folate: 72.5µg (18.13%), Magnesium: 70.3mg (17.58%), Potassium: 607.25mg (17.35%), Vitamin K: 16.06µg (15.3%), Vitamin B5: 1.22mg (12.18%), Copper: 0.22mg (10.99%), Vitamin E: 1.25mg (8.32%), Vitamin A: 370.2IU (7.4%), Fiber: 1.77g (7.09%), Vitamin D: 0.64µg (4.24%), Vitamin C: 1.32mg (1.59%)