



## Big Bacon Burger

READY IN



85 min.

SERVINGS



4

CALORIES



1125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup apple cider vinegar
- 8 slices crisped bacon
- 1 bay leaf
- 1 teaspoon chili powder
- 1 eggs
- 2 tablespoons cilantro leaves fresh minced
- 10 ounce pkt spinach frozen thawed chopped
- 1.5 pounds ground beef
- 4 slices jack cheese

- 0.5 teaspoon kosher salt
- 0.3 cup mayonnaise
- 1 tablespoon oil plus more for grill grate
- 0.3 cup orange juice
- 2 medium onions paper thin red halved sliced
- 4 servings salt and pepper black freshly ground
- 4 kaiser rolls toasted halved
- 2 tablespoons sugar
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill
- broiler

## Directions

- Watch how to make this recipe.
- In a large bowl, combine the spinach, Worcestershire, egg, and salt and pepper, to taste. With a whisk, mix the ingredients until egg is broken up and incorporated.
- Add the meat and with your hands, mix until thoroughly combined. Shape the meat mixture into 4 even patties, to fit the size of the kaiser roll, and put a 1/4-inch slight dimple in the middle of each patty to allow it to cook evenly.
- Heat the oil in a large skillet over medium-high heat. Alternately, heat a grill to medium (350 degrees F) and rub the grate with a towel dipped in oil.
- Heat the broiler on low heat.
- Add the patties to the skillet, and cook for about 4 to 6 minutes. Flip the burgers and cook another 4 to 6 minutes for medium-rare burgers. Alternately, grill the patties uncovered for 4

to 6 minutes, then flip and grill for another 4 to 6 minutes. Top each patty with a piece of cheese and put under the broiler to melt the cheese. Alternately, close the grill top, and cook until the cheese is melted.

- For the each burger, spread the bottom of the roll with 1/4 of the mayonnaise.
- Put the burger on the mayonnaise and top with 2 slices of the bacon and some of the onions. Cover with the top of the roll and serve.
- Combine all the ingredients, except the onions and bay leaf, in a medium saucepan over medium heat. Stir until the sugar is dissolved, and then bring to a boil. When the mixture comes to a boil, stir in the onion.
- Remove the pan from the heat and add the bay leaf.
- Let sit at room temperature until cool, at least 1 hour.
- Combine all the ingredients in a small bowl until evenly mixed. Cover and refrigerate until ready to use.

## Nutrition Facts

 **PROTEIN 18.69%**  **FAT 63%**  **CARBS 18.31%**

## Properties

Glycemic Index:100.77, Glycemic Load:29.43, Inflammation Score:-10, Nutrition Score:41.993478401848%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

## Nutrients (% of daily need)

Calories: 1125.31kcal (56.27%), Fat: 77.77g (119.65%), Saturated Fat: 26.56g (166%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 46.55g (16.93%), Sugar: 15.38g (17.09%), Cholesterol: 221.53mg (73.84%), Sodium: 1382.39mg (60.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.9g (103.81%), Vitamin K: 294.35µg (280.33%), Vitamin A: 8810.06IU (176.2%), Iron: 16.5mg (91.67%), Vitamin B12: 4.21µg (70.12%), Selenium: 46.89µg (66.98%), Zinc: 9.19mg (61.25%), Phosphorus: 543.58mg (54.36%), Vitamin B3: 9.57mg (47.85%), Vitamin B6: 0.91mg (45.7%), Manganese: 0.77mg (38.75%), Vitamin B2: 0.64mg (37.63%), Calcium: 372.56mg (37.26%), Folate:

141.35µg (35.34%), Potassium: 1033.62mg (29.53%), Vitamin E: 4.42mg (29.46%), Magnesium: 108.12mg (27.03%),  
Vitamin B1: 0.31mg (20.99%), Vitamin C: 16.34mg (19.81%), Fiber: 4.3g (17.19%), Vitamin B5: 1.52mg (15.2%), Copper:  
0.29mg (14.65%), Vitamin D: 0.76µg (5.08%)