



Big Mike Burger

READY IN



55 min.

SERVINGS



6

CALORIES



1461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces processed cheese food cut into 6 servings
- ☐ 6 slices bacon
- ☐ 4 tablespoons butter cut into small cubes
- ☐ 4 tablespoons butter softened
- ☐ 1.5 pounds ground beef
- ☐ 1.5 pounds ground beef
- ☐ 12 hamburger buns
- ☐ 6 servings hot sauce
- ☐ 0.3 cup catsup

- ☐ 6 leaves lettuce
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons onion grated
- ☐ 6 slices onion
- ☐ 3 tablespoons parsley leaves chopped
- ☐ 0.5 cup pecans chopped
- ☐ 2 tablespoons jalapeño peppers finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 slices tomatoes
- ☐ 0.5 cup mustard yellow

Equipment

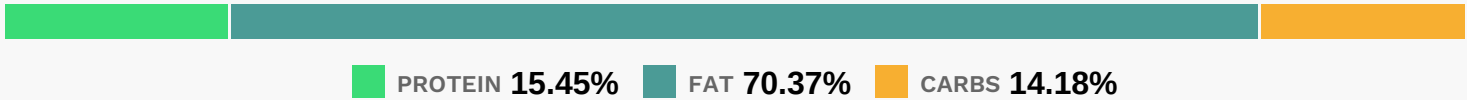
- ☐ frying pan
- ☐ toothpicks
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat broiler or grill. Divide ground beef into 12 flat patties. Partially saute bacon – the fat should start rendering, but it shouldn't be crispy.
- ☐ Drain bacon.
- ☐ Mix pecans, parsley, onion, and butter together.
- ☐ Spread mixture on 6 of the patties. Top with remaining 6 patties and seal the edges with the partially sauteed bacon and secure with a wooden toothpick. Broil or grill 10 to 15 minutes, or until cooked to desired doneness, turning once.
- ☐ Salt and pepper the beef, to taste.
- ☐ Mix beef and cubed butter together with your hands and form 6 balls. Push a piece of American cheese into the center of each ball. Mold ground beef around the cheese in the shape of a patty. Cook on hot grill or in skillet to desired doneness.
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- ☐
- Stir all ingredients together until well blended.
- ☐
- Place 1 pecan burger on a bottom piece of 6 buns. Top with another bottom piece of bun and the butter burger. Top with sauce, lettuce, tomato, onion and a top piece of the bun. Discard or save for another use the remaining 6 top bun pieces.

Nutrition Facts



Properties

Glycemic Index:78.17, Glycemic Load:26.6, Inflammation Score:-8, Nutrition Score:42.364782561427%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 1461.21kcal (73.06%), Fat: 113.86g (175.17%), Saturated Fat: 39.06g (244.11%), Carbohydrates: 51.64g (17.21%), Net Carbohydrates: 47.72g (17.35%), Sugar: 10.71g (11.9%), Cholesterol: 250.26mg (83.42%), Sodium: 1775.32mg (77.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.25g (112.51%), Selenium: 74.28µg (106.12%), Vitamin K: 107.26µg (102.16%), Vitamin B12: 5.5µg (91.59%), Zinc: 11.55mg (77%), Vitamin B3: 14.53mg (72.66%), Phosphorus: 669.31mg (66.93%), Manganese: 1.07mg (53.48%), Vitamin B1: 0.75mg (49.86%), Iron: 8.5mg (47.25%), Vitamin B6: 0.94mg (47.09%), Vitamin B2: 0.72mg (42.3%), Calcium: 401.17mg (40.12%), Folate: 114.3µg (28.57%), Potassium: 952.13mg (27.2%), Magnesium: 92.97mg (23.24%), Vitamin E: 3.47mg (23.16%), Vitamin A: 1024.16IU (20.48%), Copper: 0.41mg (20.43%), Vitamin B5: 1.62mg (16.2%), Fiber: 3.92g (15.69%), Vitamin C: 6.42mg (7.79%), Vitamin D: 0.5µg (3.35%)