



## Bistro Breakfast Burger

READY IN



40 min.

SERVINGS



4

CALORIES



998 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 0.5 teaspoon chili powder
- 4 large eggs
- 1.5 pounds ground beef
- 4 slices havarti cheese
- 0.3 teaspoon hot sauce
- 0.3 cup catsup
- 4 servings kosher salt and pepper black freshly ground
- 4 sesame seed hamburger buns

- 1 teaspoon paprika sweet
- 4 slices bacon thick-cut halved
- 4 tablespoons butter unsalted melted for brushing
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- baking sheet
- oven

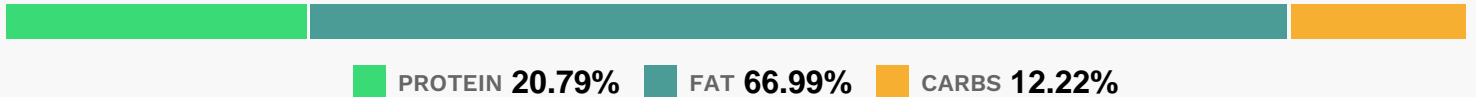
## Directions

- Preheat the oven to 350 degrees F.
- Mix the ketchup, brown sugar, Worcestershire sauce, chili powder and hot sauce in a small bowl. Set aside.
- Using a fork, gently mix the beef with the paprika, 1 teaspoon salt and 1/2 teaspoon black pepper. Form into four 5-inch patties. Cover and set aside.
- Cook the bacon in a large nonstick skillet over medium heat until the fat is rendered and the bacon is crisp, about 8 minutes.
- Remove and drain on a paper-towel-lined plate.
- Pour off most of the bacon fat, leaving about 2 teaspoons in the skillet, reserving the extra bacon fat.
- Heat the skillet over medium-high heat.
- Add the burgers to the skillet, 2 at a time, and cook until nicely browned, 4 minutes. Flip and cook the other side until the burger is done, about 4 minutes for medium-rare. Repeat with the remaining burgers.
- Place the burgers on a rimmed baking sheet and place in the oven to keep warm while cooking the eggs.
- Wipe out the skillet.
- Add 1 tablespoon of the reserved bacon fat to the skillet and heat over medium-high heat. Break the eggs into the skillet and cook until the whites are set, about 5 minutes. Season with

salt and pepper.

- Meanwhile, brush the buns with melted butter.
- Place them on a rimmed baking sheet and bake until lightly toasted, about 10 minutes.
- Build the burger by placing a hamburger patty on the bottom bun, add a slice of cheese, 2 pieces of bacon and top with a fried egg.
- Spread the top bun with some of the spiced ketchup and place on top.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:12.75, Inflammation Score:-7, Nutrition Score:30.624782230543%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 998.28kcal (49.91%), Fat: 73.7g (113.39%), Saturated Fat: 31.82g (198.86%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 29.16g (10.6%), Sugar: 9.62g (10.68%), Cholesterol: 385.27mg (128.42%), Sodium: 1013.63mg (44.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.46g (102.91%), Selenium: 62.42µg (89.17%), Vitamin B12: 4.76µg (79.34%), Zinc: 9.69mg (64.57%), Phosphorus: 621.7mg (62.17%), Vitamin B3: 10.8mg (53.98%), Vitamin B2: 0.77mg (45.21%), Vitamin B6: 0.82mg (41.21%), Iron: 6.14mg (34.12%), Calcium: 303.72mg (30.37%), Vitamin B1: 0.44mg (29.54%), Vitamin A: 1255.13IU (25.1%), Folate: 94.42µg (23.61%), Potassium: 749.64mg (21.42%), Vitamin B5: 1.96mg (19.58%), Vitamin E: 2.47mg (16.47%), Manganese: 0.33mg (16.45%), Magnesium: 60.68mg (15.17%), Copper: 0.25mg (12.61%), Vitamin D: 1.6µg (10.66%), Vitamin K: 7.53µg (7.17%), Fiber: 1.1g (4.39%), Vitamin C: 1.7mg (2.06%)