



Bleu Cheese and Bacon Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado sliced
- 0.5 cup bleu cheese crumbles (recommended: Treasure Cave)
- 2 tablespoons bleu cheese crumbles (recommended: Treasure Cave)
- 4 tablespoons butter
- 1.5 pounds ground beef lean
- 4 servings lettuce
- 1 tablespoon steak seasoning (recommended: McCormick Grill Mates)
- 4 onion rolls toasted
- 0.3 cup oz. bacon into pieces (recommended: Hormel)

- 4 servings salt and pepper black freshly ground

Equipment

- bowl
- baking sheet
- mixing bowl
- wire rack
- grill
- aluminum foil
- broiler
- broiler pan

Directions

- Watch how to make this recipe.
- In a small bowl with a fork, smash together butter and 2 tablespoons bleu cheese crumbles; set aside.
- In a mixing bowl, stir to combine ground beef, 1/3 cup bleu cheese crumbles, bacon pieces, and steak seasoning. Wet your hands to prevent sticking and shape into 4 patties slightly larger than the buns. Cover with plastic and set aside in refrigerator.
- Set up grill for direct cooking over high heat.
- Brush and oil grate before cooking. Salt and pepper burgers and place on hot grill. Cook for 4 to 5 minutes per side for medium.
- Serve hot on toasted onion roll.
- Spread with bleu cheese butter, lettuce, tomato, onion, and sliced avocado, if using.
- INDOOR: Follow instructions for preparing burgers. Preheat broiler.
- Place burgers on wire rack over foil lined baking sheet or broiler pan. Broil 6 inches from heat source for 4 to 5 minutes per side for medium.

Nutrition Facts



PROTEIN 26.75% FAT 50.12% CARBS 23.13%

Properties

Glycemic Index:52, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:34.79782608281%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 793.33kcal (39.67%), Fat: 44.67g (68.72%), Saturated Fat: 18.02g (112.65%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 36.77g (13.37%), Sugar: 5.95g (6.62%), Cholesterol: 160.93mg (53.64%), Sodium: 1038.66mg (45.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.63g (107.27%), Vitamin B12: 4.08µg (68.04%), Vitamin B3: 13.48mg (67.4%), Zinc: 10.02mg (66.79%), Vitamin B6: 1.01mg (50.44%), Vitamin K: 52.65µg (50.14%), Phosphorus: 490.67mg (49.07%), Folate: 192.47µg (48.12%), Selenium: 33.26µg (47.51%), Iron: 7.84mg (43.55%), Vitamin B2: 0.69mg (40.45%), Fiber: 9.61g (38.43%), Potassium: 1262.72mg (36.08%), Vitamin B5: 2.93mg (29.31%), Vitamin B1: 0.39mg (25.77%), Calcium: 232.67mg (23.27%), Vitamin A: 1124.97IU (22.5%), Vitamin E: 3.1mg (20.64%), Magnesium: 80.03mg (20.01%), Copper: 0.36mg (18.06%), Manganese: 0.35mg (17.67%), Vitamin C: 12.61mg (15.29%), Vitamin D: 0.27µg (1.81%)