

## BLT Burgers

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound bacon
- ☐ 4 servings dill pickles sliced
- ☐ 1.5 pound ground beef lean
- ☐ 4 hawaiian rolls split

### Equipment

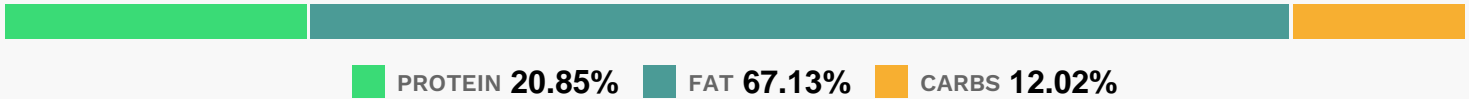
- ☐ frying pan
- ☐ paper towels
- ☐ grill

☐ spatula

## Directions

- ☐ Cook bacon in a 12-inch heavy skillet over medium heat, stirring occasionally, until crisp, then transfer with a slotted spatula to paper towels to drain. Cool to room temperature, about 5 minutes.
- ☐ Holding one fourth of beef in your palm, make a depression in beef and add one fourth of bacon to depression. Pull beef over bacon to enclose completely, then flatten into a 3/4-inch-thick patty (4 inches in diameter). Make 3 more patties in same manner with remaining beef and bacon.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).
- ☐ Season patties on both sides with salt and pepper. Oil grill rack, then grill patties, covered only if using a gas grill, turning over once, 5 to 8 minutes total for medium-rare. (Burgers will continue to cook slightly after being removed from grill.)
- ☐ Assemble burgers with buns and accompaniments.
- ☐ · Patties can be formed up to 1 hour ahead and chilled, covered.· If you aren't able to grill outdoors, patties can be sautéed in 3 tablespoons bacon fat remaining in skillet (discard remainder) over medium-high heat, turning over once, 6 to 8 minutes for medium-rare.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:-3, Nutrition Score:23.757391411325%

## Nutrients (% of daily need)

Calories: 796.25kcal (39.81%), Fat: 58.48g (89.98%), Saturated Fat: 21g (131.27%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 22.14g (8.05%), Sugar: 3.96g (4.4%), Cholesterol: 158.19mg (52.73%), Sodium: 1226.93mg (53.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.87g (81.75%), Selenium: 48.61µg (69.44%), Vitamin B12: 4.01µg (66.83%), Vitamin B3: 11.34mg (56.69%), Zinc: 8.16mg (54.43%), Phosphorus: 404.23mg (40.42%), Vitamin B6: 0.75mg (37.47%), Vitamin B1: 0.49mg (32.91%), Iron: 5.16mg (28.65%), Vitamin B2: 0.46mg (27.2%), Potassium: 696.79mg (19.91%), Vitamin K: 16.05µg (15.28%), Manganese: 0.29mg (14.58%), Folate: 57.53µg (14.38%), Calcium: 130.47mg (13.05%), Magnesium: 50.16mg (12.54%), Vitamin B5: 1.2mg (12.01%), Copper: 0.19mg (9.57%), Vitamin E: 1.14mg (7.57%), Fiber: 1.42g (5.7%), Vitamin A: 140.36IU (2.81%), Vitamin D: 0.4µg (2.65%), Vitamin C: 1.92mg (2.33%)