



## BLT Burgers with Bacon Mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



1295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons canola oil
- 1 pinch cayenne pepper
- 4 slices cheddar cheese
- 1 tablespoon chives fresh chopped
- 1.5 pounds ground beef chuck
- 1 pinch ground cinnamon
- 4 servings kosher salt and pepper black freshly ground
- 3 tablespoons brown sugar light packed
- 0.3 cup mayonnaise

- 4 servings romaine lettuce and tomato sliced for topping
- 2 tablespoons cup heavy whipping cream sour
- 8 slices texas toast croutons toasted
- 3 slices bacon thick-cut
- 4 slices bacon thick-cut

## Equipment

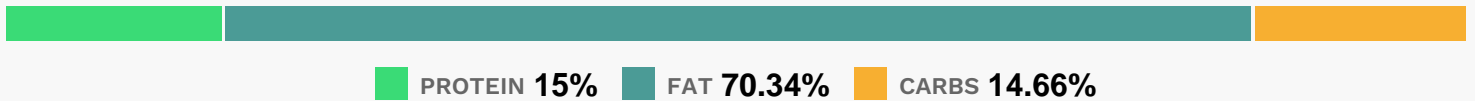
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- wire rack
- grill pan

## Directions

- Make the candied bacon: Preheat the oven to 350 degrees F.
- Mix the brown sugar, cayenne and cinnamon in a small bowl. Arrange the bacon on a wire rack set over a rimmed baking sheet.
- Sprinkle with half of the sugar-spice mixture.
- Bake 10 minutes, then flip and sprinkle with the remaining sugar-spice mixture and bake 10 more minutes.
- Remove the bacon from the oven and let cool.
- Make the bacon mayonnaise: Cook the bacon in a skillet over medium heat, turning occasionally, until crisp, 9 to 11 minutes.
- Drain on paper towels, then finely dice.
- Whisk the mayonnaise and sour cream in a small bowl. Stir in the diced bacon and chives and season with salt and black pepper. Cover and refrigerate until ready to use, or up to 1 day.

- Make the burgers: Form the ground beef into 4 equal-size patties, about 3 1/2 inches in diameter.
- Sprinkle both sides of each patty liberally with salt and black pepper.
- Heat a grill pan or cast-iron skillet over high heat, then add the canola oil.
- Add the patties and cook about 3 minutes, then flip and top each with 1 slice cheddar. Cover and continue cooking 3 more minutes for medium rare.
- Build the burgers: Smear the bacon mayonnaise on the toast.
- Serve the patties on the toast with lettuce, tomato and the candied bacon.
- Photograph by Steve Giralt

## Nutrition Facts



### Properties

Glycemic Index:47.75, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:36.365652219109%

### Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

### Nutrients (% of daily need)

Calories: 1294.94kcal (64.75%), Fat: 101.2g (155.69%), Saturated Fat: 32.03g (200.21%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 43.6g (15.85%), Sugar: 14.13g (15.7%), Cholesterol: 190.73mg (63.58%), Sodium: 1191.17mg (51.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.54g (97.08%), Vitamin A: 7690.41IU (153.81%), Vitamin K: 127.9µg (121.81%), Iron: 16.55mg (91.92%), Vitamin B12: 4.17µg (69.5%), Selenium: 44.1µg (63%), Zinc: 8.73mg (58.2%), Vitamin B3: 10.02mg (50.12%), Phosphorus: 472.37mg (47.24%), Vitamin B6: 0.8mg (40.06%), Folate: 133.29µg (33.32%), Vitamin B2: 0.45mg (26.45%), Potassium: 834.51mg (23.84%), Vitamin B1: 0.32mg (21.13%), Vitamin E: 3.08mg (20.52%), Calcium: 198.7mg (19.87%), Fiber: 3.86g (15.45%), Vitamin B5: 1.46mg (14.63%), Magnesium: 55.12mg (13.78%), Manganese: 0.19mg (9.49%), Copper: 0.19mg (9.41%), Vitamin C: 3.91mg (4.74%), Vitamin D: 0.56µg (3.74%)