



Butter Bacon Burgers

READY IN



20 min.

SERVINGS



5

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter cold cut into small cubes
- ☐ 4 slices bacon crisp cooked
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 4 hamburger buns split
- ☐ 5 servings catsup for serving
- ☐ 2 pounds ground beef lean
- ☐ 5 servings lettuce for serving
- ☐ 5 servings mayonnaise for serving

- ☐ 5 servings oil for brushing
- ☐ 1 slices onion red for serving
- ☐ 1 teaspoon salt
- ☐ 1 slices tomatoes for serving

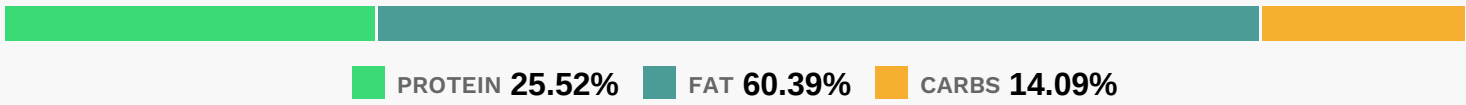
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Grease the grill grate by brushing it with oil. Preheat the grill to medium.
- ☐ Mix together the beef, salt, black pepper and butter in a large bowl. Form the beef into 5 patties about 1-inch thick.
- ☐ Place on a baking sheet.
- ☐ Place the burgers on the grill, cover and cook, turning once, until the burgers reach the doneness you like, 7 to 9 minutes for medium-rare. Just before the burgers are done, put the buns on toward the back of the grill to toast.
- ☐ Sandwich the burgers in the buns and top with the bacon, some lettuce, onion, tomato, ketchup and mayonnaise.

Nutrition Facts



Properties

Glycemic Index:59.2, Glycemic Load:11.01, Inflammation Score:-7, Nutrition Score:28.493913013002%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 720.19kcal (36.01%), Fat: 48.15g (74.08%), Saturated Fat: 18.28g (114.27%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.3g (8.47%), Sugar: 7.77g (8.63%), Cholesterol: 169.1mg (56.37%), Sodium: 1178.79mg (51.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.78g (91.57%), Vitamin B12: 4.25µg (70.77%), Zinc: 9.91mg (66.04%), Selenium: 44.86µg (64.09%), Vitamin B3: 12.46mg (62.28%), Phosphorus: 452.01mg (45.2%), Vitamin B6: 0.85mg (42.4%), Vitamin K: 43.27µg (41.21%), Iron: 6.09mg (33.81%), Vitamin E: 4.15mg (27.67%), Vitamin B2: 0.47mg (27.53%), Potassium: 905mg (25.86%), Vitamin B1: 0.34mg (22.87%), Vitamin A: 1141.04IU (22.82%), Manganese: 0.4mg (20.2%), Folate: 71.14µg (17.78%), Magnesium: 60.52mg (15.13%), Vitamin B5: 1.37mg (13.74%), Copper: 0.23mg (11.64%), Calcium: 94.3mg (9.43%), Fiber: 2g (8%), Vitamin C: 4.51mg (5.46%), Vitamin D: 0.22µg (1.43%)