



Caramelized Beer-Onion and Bacon Burgers

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon cooked
- 1.5 lb onion sweet thinly sliced
- 12 oz ale beer pilsner style
- 1.5 lb ground beef 80% lean (at least)
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 3 oz processed cheese food
- 8 leaves red-leaf lettuce red

- 4 slices tomatoes
- 4 crusty rolls split

Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet, heat 1 tablespoon bacon drippings over medium-high heat.
- Add onions; cook about 15 minutes, stirring frequently, until softened.
- Reserve 1/2 cup of the beer. Stir remaining beer into onions.
- Heat to boiling; reduce heat to medium and simmer uncovered, stirring occasionally, until onions are golden and liquid has evaporated, about 30 minutes. Cool.
- Meanwhile, roughly chop 4 slices of the cooked bacon; set aside. Roughly chop half of the onion mixture; stir into chopped bacon.
- In medium bowl, stir chopped onion and bacon mixture into beef.
- Add salt and pepper. Shape beef mixture into 4 large patties, thinner at center and thicker at edges for even cooking.
- In 10-inch skillet, heat remaining bacon drippings over medium-high heat.
- Add patties; cook 8 minutes for medium-rare, 10 minutes for medium, 12 minutes for medium-well, turning once. After turning, add reserved 1/2 cup beer to burgers, then top burgers with cheese. Cover skillet to melt cheese.
- Place burgers on bun bottoms; top with lettuce leaves, tomato slices, and remaining caramelized onions.
- Cut remaining 4 slices bacon in half; crisscross 2 pieces on top of onions on each burger, and cover with tops of buns.

Nutrition Facts

  

 PROTEIN 22.99%  FAT 56.21%  CARBS 20.8%

Properties

Glycemic Index:34.38, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:34.242608951486%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 27.46mg, Quercetin: 27.46mg, Quercetin: 27.46mg, Quercetin: 27.46mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 805.52kcal (40.28%), Fat: 48.51g (74.63%), Saturated Fat: 19.24g (120.27%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 36.84g (13.4%), Sugar: 10.03g (11.14%), Cholesterol: 157.87mg (52.62%), Sodium: 1302.45mg (56.63%), Alcohol: 3.32g (100%), Alcohol %: 0.74% (100%), Protein: 44.64g (89.27%), Selenium: 51.8µg (73.99%), Vitamin B12: 4.15µg (69.17%), Vitamin A: 2981.42IU (59.63%), Zinc: 8.86mg (59.08%), Vitamin B3: 11.69mg (58.45%), Phosphorus: 577.27mg (57.73%), Vitamin K: 54.84µg (52.23%), Vitamin B6: 0.98mg (48.97%), Calcium: 345.77mg (34.58%), Vitamin B1: 0.5mg (33.11%), Vitamin B2: 0.55mg (32.61%), Iron: 5.71mg (31.7%), Folate: 122.73µg (30.68%), Potassium: 970.86mg (27.74%), Manganese: 0.52mg (26.11%), Magnesium: 75.69mg (18.92%), Vitamin C: 13.12mg (15.91%), Vitamin B5: 1.59mg (15.89%), Copper: 0.32mg (15.76%), Fiber: 3.57g (14.27%), Vitamin E: 1.3mg (8.64%), Vitamin D: 0.36µg (2.41%)