



Cheddar Bacon Hamburgers

READY IN



20 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon garlic powder
- 1 pound ground beef
- 4 hamburger buns
- 2 tablespoons horseradish prepared
- 0.5 teaspoon pepper
- 0.5 cup real bacon bits
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded

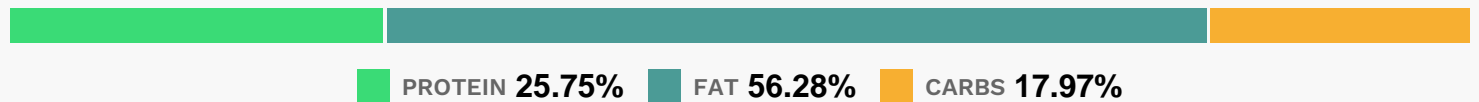
Equipment

- bowl
- grill

Directions

- Preheat grill for high heat.
- In a large bowl, mix together the ground beef, Cheddar cheese, horseradish, salt, pepper, garlic powder, and bacon bits using your hands. Shape the mixture into 4 hamburger patties.
- Lightly oil the grill grate.
- Place hamburger patties on the grill, and cook for 5 minutes per side, or until well done.
- Serve on buns.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:13.22, Inflammation Score:-3, Nutrition Score:16.323478081952%

Nutrients (% of daily need)

Calories: 521.53kcal (26.08%), Fat: 32.25g (49.61%), Saturated Fat: 13.81g (86.29%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22.05g (8.02%), Sugar: 3.79g (4.21%), Cholesterol: 114.82mg (38.27%), Sodium: 1126.98mg (49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.4%), Selenium: 33.02µg (47.17%), Vitamin B12: 2.66µg (44.37%), Zinc: 5.65mg (37.66%), Vitamin B3: 6.63mg (33.16%), Phosphorus: 291.56mg (29.16%), Vitamin B2: 0.36mg (21.21%), Iron: 3.78mg (20.98%), Vitamin B6: 0.42mg (20.78%), Vitamin B1: 0.29mg (19.26%), Calcium: 187.98mg (18.8%), Manganese: 0.3mg (14.81%), Folate: 55.82µg (13.95%), Potassium: 395.82mg (11.31%), Magnesium: 35.73mg (8.93%), Copper: 0.13mg (6.53%), Vitamin B5: 0.64mg (6.41%), Vitamin K: 4.95µg (4.72%), Vitamin E: 0.69mg (4.62%), Fiber: 1.12g (4.47%), Vitamin C: 2.43mg (2.95%), Vitamin A: 143.48IU (2.87%), Vitamin D: 0.2µg (1.32%)