



Cheese Covered, Bacon Wrapped Jalapeno Popper Burgers with Roasted Jalapeno Mayonnaise

🤍 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 strips bacon



4 slices cheddar cheese



4 ounces cream cheese room temperature



1.5 pound ground beef



4 hamburger buns



4 tablespoons roasted jalapeno mayonnaise

- ☐ 6 jalapeño peppers
- ☐ 4 leaves lettuce
- ☐ 4 servings salt and pepper to taste
- ☐ 4 slices tomatoes

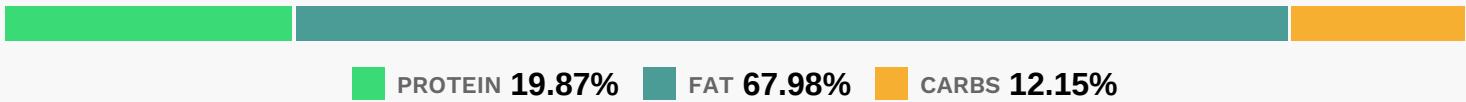
Equipment

- ☐ grill

Directions

- ☐ Grill the jalapenos over medium-high heat until charred all over, about 6-8 minutes.
- ☐ Place the peppers in a zip-lock bag or other sealable container, seal and let them cool until you can handle them, about 20 minutes. Pinch the skins off of the peppers, cut in half and remove the seeds. Dice 2 of the jalapeno peppers and mix into the cream cheese. Divide the beef into 8 equal portions, form into patties, place 1/4 of the cream cheese mixture on 4 of them, top with the free patties, pinch the sides closed to seal and form into patties again. Season the patties with salt and pepper to taste and wrap each with 2 strips of bacon.
- ☐ Brush the grill with oil and grill the burgers over medium-high heat until cooked, about 4-5 minutes per side, topping each patty with a slice of cheese after flipping. Assemble the burgers and enjoy!

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:14.16, Inflammation Score:-8, Nutrition Score:30.630869461142%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 920.5kcal (46.03%), Fat: 68.89g (105.99%), Saturated Fat: 28.3g (176.85%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 25.51g (9.28%), Sugar: 6.6g (7.34%), Cholesterol: 195.44mg (65.15%), Sodium: 1014.88mg (44.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.3g (90.6%), Selenium: 53.46µg (76.37%), Vitamin B12: 4.19µg (69.81%), Zinc: 8.82mg (58.78%), Vitamin C: 47.18mg (57.19%), Vitamin B3: 11.42mg (57.11%), Phosphorus: 501.18mg (50.12%), Vitamin B6: 0.9mg (44.85%), Vitamin B2: 0.59mg (34.56%), Vitamin B1: 0.47mg (31.15%), Iron: 5.21mg (28.95%), Calcium: 251.01mg (25.1%), Vitamin A: 1220.93IU (24.42%), Potassium: 813.94mg (23.26%), Vitamin E: 2.82mg (18.82%), Folate: 74.54µg (18.63%), Manganese: 0.34mg (17.03%), Vitamin K: 16.85µg (16.05%), Magnesium: 60.16mg (15.04%), Vitamin B5: 1.47mg (14.75%), Copper: 0.21mg (10.72%), Fiber: 2.2g (8.81%), Vitamin D: 0.45µg (2.99%)