



Cheesy Bacon-Stuffed Burgers

READY IN



33 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce kraft
- 0.3 cup cheddar cheese shredded kraft
- 14 round buttery crackers crushed finely
- 1 eggs
- 1 pound ground beef lean
- 4 hawaiian rolls
- 4 slices singles kraft
- 0.3 cup miracle whip
- 2 slices onion red separated

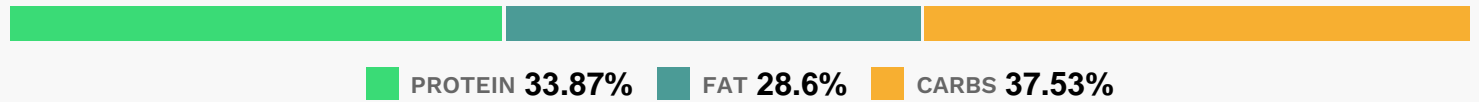
Equipment

grill

Directions

- Heat barbecue to medium-high heat.
- Mix first 4 ingredients; shape into 8 thin patties.
- Combine shredded cheese and 2 Tbsp. bacon; spoon onto centres of 4 patties. Cover with remaining patties; pinch edges together to seal.
- Grill 7 to 9 min. on each side or until done (160 degrees F).
- Spread bottom halves of buns with dressing. Fill buns with burgers, Singles, remaining bacon and onions.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.07, Inflammation Score:-6, Nutrition Score:21.705652236938%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 449.54kcal (22.48%), Fat: 14g (21.53%), Saturated Fat: 5.44g (34%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 39.7g (14.44%), Sugar: 13.33g (14.81%), Cholesterol: 123.08mg (41.03%), Sodium: 1024.24mg (44.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.59%), Phosphorus: 550.98mg (55.1%), Selenium: 37.55µg (53.65%), Zinc: 7.12mg (47.46%), Vitamin B12: 2.8µg (46.65%), Vitamin B3: 8.67mg (43.33%), Calcium: 302.37mg (30.24%), Vitamin B2: 0.49mg (28.84%), Iron: 5.01mg (27.81%), Vitamin B6: 0.52mg (26.16%), Vitamin B1: 0.34mg (22.68%), Manganese: 0.34mg (17.06%), Potassium: 586.99mg (16.77%), Folate: 61.99µg (15.5%), Vitamin A: 636.63IU (12.73%), Magnesium: 43.08mg (10.77%), Vitamin B5: 1mg (10.03%), Copper: 0.17mg (8.65%), Vitamin K: 8.21µg (7.82%), Vitamin E: 1.11mg (7.42%), Fiber: 1.64g (6.56%), Vitamin D: 0.38µg (2.51%), Vitamin C: 1.23mg (1.49%)