



Chili Bacon Burgers

READY IN



15 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bacon bits
- 1 pound ground sirloin patties (4 patties)
- 8 ounce hamburger buns with sesame seeds
- 4 lettuce leaves
- 0.3 cup nonfat mayonnaise
- 2 teaspoons cowboy barbecue rub salt-free
- 0.3 cup chunky salsa
- 4 slices onion sweet thin
- 4 slices tomatoes

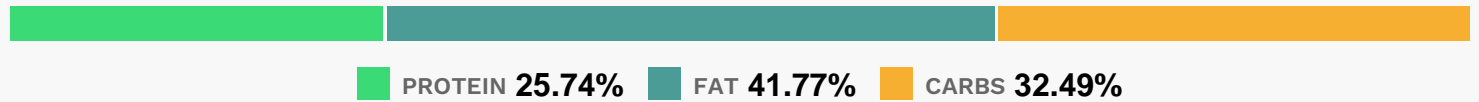
Equipment

grill

Directions

- Rub both sides of sirloin patties with barbecue rub.
- Place patties on grill over medium-hot coals (350 to 400); grill, covered, 6 minutes on each side or until done.
- While meat cooks, combine mayonnaise, salsa, and bacon bits.
- Place lettuce leaves on bottom halves of buns; place patties on lettuce. Top with onion, tomato, 2 tablespoons mayonnaise mixture, and remaining bun halves.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:17.26, Inflammation Score:-9, Nutrition Score:21.93565207979%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 451.51kcal (22.58%), Fat: 20.69g (31.84%), Saturated Fat: 7.4g (46.26%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 33.48g (12.17%), Sugar: 7.92g (8.8%), Cholesterol: 78.41mg (26.14%), Sodium: 646.71mg (28.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Selenium: 34.07µg (48.68%), Vitamin B12: 2.62µg (43.6%), Vitamin A: 2106.9IU (42.14%), Vitamin B3: 8.18mg (40.92%), Zinc: 5.74mg (38.29%), Phosphorus: 283.62mg (28.36%), Iron: 5.1mg (28.35%), Vitamin B1: 0.42mg (28.3%), Vitamin B6: 0.54mg (26.82%), Manganese: 0.53mg (26.42%), Vitamin B2: 0.38mg (22.6%), Folate: 82.97µg (20.74%), Vitamin K: 18.67µg (17.78%), Potassium: 591.82mg (16.91%), Calcium: 131.71mg (13.17%), Magnesium: 49.09mg (12.27%), Vitamin C: 9.92mg (12.03%), Fiber: 2.75g (10.99%), Copper: 0.2mg (10.11%), Vitamin E: 1.25mg (8.35%), Vitamin B5: 0.69mg (6.93%)