



Chili Dog Bacon Cheeseburgers and Fiery Fries

READY IN



28 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 4 slices deli cheddar sliced
- 2 tablespoons chili powder
- 0.5 cup chili sauce
- 3 tablespoons chives
- 0.3 cup cilantro leaves chopped
- 1 potato fries crispy frozen sack style
- 3 cloves garlic finely chopped

- 1 tablespoon grill seasoning (recommended: Montreal Seasoning by McCormick)
- 2 hot dogs diced
- 1 teaspoon hot sauce divided
- 0.3 head iceberg lettuce shredded
- 0.5 juice of lime juiced
- 2 tablespoons catsup
- 1 pound ground beef lean
- 4 servings salt
- 8 slices center cut thick-cut lean
- 4 kaiser rolls split
- 4 servings vegetable oil for drizzling
- 2 teaspoons worcestershire

Equipment

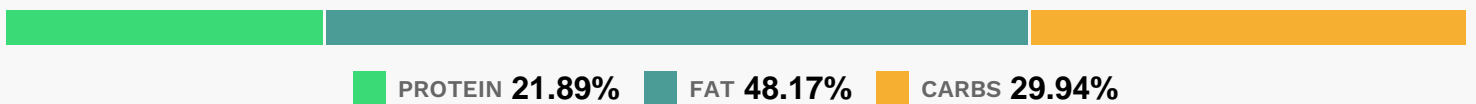
- bowl
- frying pan
- oven
- grill
- aluminum foil
- broiler
- microwave
- broiler pan

Directions

- Preheat broiler to high.
- Place bacon on slotted broiler pan. Cook bacon 10 inches from the heat and cook 3 to 4 minutes on each side until crisp then adjust oven to bake setting for temperature recommended on fries packaging.
- While bacon cooks, make the burgers. Preheat a large nonstick skillet over medium high heat.

- Mix beef with diced dogs, chili powder, grill seasoning, Worcestershire, 1 teaspoon of hotsauce and ketchup. Form 4 large patties.
- Add a drizzle of oil, 1 turn of the pan and add the patties. Cook burgers 6 minutes on each side, then top with 2 slices bacon and 1 slice of cheddar, each. Turn pan off, cover with loose foil tent and let cheese melt, 1 to 2 minutes.
- While the burgers cook, add fries to oven and cook until extra-crisp.
- Remove from oven.
- Place butter, 1 tablespoon hot sauce and garlic in a small dish and microwave on high 20 seconds then transfer fries to a large bowl. Toss fries with garlic-hot sauce butter and chives and season with salt, to taste.
- Slather chili sauce on the tops of split keiser rolls.
- Place bacon chili-cheese burgers on bun bottoms and top each burger with lettuce, cilantro, and lime juice. Set bun tops in place. Pile fries alongside and serve.

Nutrition Facts



Properties

Glycemic Index:109.58, Glycemic Load:25.32, Inflammation Score:-9, Nutrition Score:27.674782773723%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 701.5kcal (35.08%), Fat: 37.69g (57.98%), Saturated Fat: 12.91g (80.71%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 48.52g (17.64%), Sugar: 11.96g (13.29%), Cholesterol: 112.48mg (37.49%), Sodium: 1533.42mg (66.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.53g (77.07%), Iron: 15.74mg (87.45%), Vitamin K: 57.39µg (54.66%), Zinc: 7.23mg (48.22%), Vitamin B12: 2.85µg (47.49%), Selenium: 32.29µg (46.13%), Vitamin A: 2168.72IU (43.37%), Vitamin B3: 8.34mg (41.72%), Phosphorus: 374.34mg (37.43%), Vitamin B6: 0.68mg (34.06%), Vitamin E: 4.16mg (27.73%), Vitamin B2: 0.42mg (24.66%), Potassium: 771.49mg (22.04%), Calcium: 192.81mg

(19.28%), Fiber: 4.2g (16.79%), Vitamin C: 11.44mg (13.87%), Manganese: 0.27mg (13.63%), Magnesium: 50.79mg (12.7%), Copper: 0.24mg (11.9%), Vitamin B1: 0.17mg (11.62%), Vitamin B5: 1.03mg (10.26%), Folate: 40.27µg (10.07%), Vitamin D: 0.22µg (1.44%)