



Classic Bacon Cheeseburgers

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon fully cooked
- 16 oz ground beef patties
- 4 hamburger buns split
- 4 deli deluxe process american cheese kraft

Equipment

- broiler

Directions

- Heat broiler.
- Broil patties, 4 to 6 inches from heat, 7 to 9 min. on each side or until done (160F).
- Top each patty with 1 cheese slice and 4 bacon pieces; broil 1 min. or until cheese is melted.
- Fill buns with cheeseburgers.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:2.9939130499311%

Nutrients (% of daily need)

Calories: 98.03kcal (4.9%), Fat: 6.98g (10.74%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.58g (0.64%), Cholesterol: 17.62mg (5.87%), Sodium: 150.16mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Selenium: 6.65µg (9.5%), Vitamin B12: 0.47µg (7.86%), Phosphorus: 64.93mg (6.49%), Zinc: 0.96mg (6.43%), Vitamin B3: 1.27mg (6.36%), Calcium: 46.64mg (4.66%), Vitamin B1: 0.07mg (4.34%), Vitamin B2: 0.06mg (3.71%), Iron: 0.64mg (3.53%), Vitamin B6: 0.06mg (3.19%), Manganese: 0.04mg (2.16%), Potassium: 75.57mg (2.16%), Folate: 7.82µg (1.96%), Magnesium: 6.57mg (1.64%), Copper: 0.03mg (1.26%), Vitamin B5: 0.11mg (1.09%)