



## Classic Western Burgers

READY IN



45 min.

SERVINGS



10

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup breadcrumbs soft (see notes)
- ☐ 10 slices cheddar cheese white yellow extra-sharp ( 4 by 4 in.) ( 5 oz. total)
- ☐ 2 large eggs
- ☐ 2 teaspoons garlic minced
- ☐ 10 hawaiian rolls split (each 4 in. wide; 3 oz.)
- ☐ 3 pounds ground beef 7% lean ( fat)
- ☐ 0.7 cup milk
- ☐ 8 oz onion minced peeled
- ☐ 0.5 teaspoon pepper

- ☐ 10 slices onion red thick (each)
- ☐ 1.3 teaspoons salt
- ☐ 10 servings coleslaw mix
- ☐ 10 slices bacon thick-cut ()

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tongs

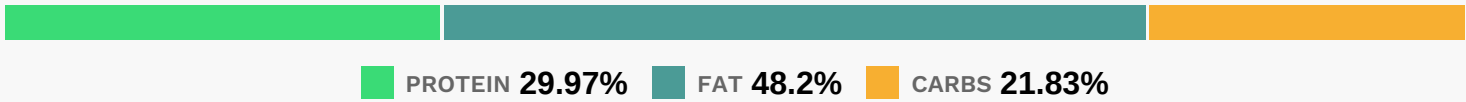
## Directions

- ☐ In a 10- to 12-inch frying pan over medium-high heat, cook bacon, in batches if necessary, turning occasionally, until browned on both sides and crisp, 8 to 10 minutes. With tongs, transfer to paper towels to drain. When cool, break each slice in half.
- ☐ Meanwhile, in a large bowl, beat eggs, milk, onion, garlic, 1 1/4 teaspoons salt, and 1/2 teaspoon pepper to blend.
- ☐ Add beef and bread crumbs and mix gently. Form into 10 equal patties, each about 4 1/2 inches wide.
- ☐ Brush onion slices lightly on both sides with bacon fat in pan. Discard remaining fat.
- ☐ Lay patties and onion slices on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning meat and onions once to brown on both sides, until a thermometer inserted in center of thickest part of meat registers 160 (no longer pink in center), 6 to 8 minutes total.
- ☐ About 2 minutes before patties are done, top each with a slice of cheese. Also lay bun halves, cut side down, on grill and toast 1 to 2 minutes.
- ☐ Set bun bottoms on a platter or plates. With a wide spatula, transfer patties to bun bottoms. Top each with a grilled onion slice, 2 pieces of bacon, and a spoonful of special slaw.

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Add salt and pepper to taste. Cover with bun tops.

# Nutrition Facts



## Properties

Glycemic Index:28.7, Glycemic Load:14.19, Inflammation Score:-6, Nutrition Score:27.646956651107%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

## Nutrients (% of daily need)

Calories: 653.54kcal (32.68%), Fat: 34.38g (52.89%), Saturated Fat: 14.35g (89.68%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 33.09g (12.03%), Sugar: 6.31g (7.01%), Cholesterol: 175.28mg (58.43%), Sodium: 1115.56mg (48.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.1g (96.21%), Selenium: 56.91µg (81.3%), Vitamin B12: 3.83µg (63.76%), Zinc: 9.12mg (60.79%), Vitamin B3: 11.53mg (57.64%), Phosphorus: 558.97mg (55.9%), Vitamin B6: 0.77mg (38.43%), Vitamin B2: 0.62mg (36.6%), Vitamin B1: 0.53mg (35.54%), Calcium: 329.84mg (32.98%), Iron: 5.71mg (31.7%), Manganese: 0.43mg (21.67%), Potassium: 734.54mg (20.99%), Folate: 76.79µg (19.2%), Magnesium: 63.62mg (15.9%), Vitamin B5: 1.51mg (15.15%), Copper: 0.23mg (11.44%), Fiber: 1.95g (7.79%), Vitamin A: 376.98IU (7.54%), Vitamin E: 0.99mg (6.63%), Vitamin D: 0.83µg (5.51%), Vitamin K: 5.02µg (4.78%), Vitamin C: 3.83mg (4.64%)