



Coffee-Rubbed Cheeseburgers with Texas Barbecue Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices applewood-smoked bacon
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 tablespoon hot-brewed coffee freshly ground
- ☐ 2 teaspoons brown sugar packed ()
- ☐ 8 ounces gouda cheese smoked
- ☐ 1 pound ground beef grass-fed (preferably)
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 pound ground sirloin grass-fed (preferably)

- ☐ 0.5 teaspoon oregano dried
- ☐ 8 potato-bread hamburger buns
- ☐ 8 slices onion red
- ☐ 0.5 teaspoon sea salt fine
- ☐ 8 slices tomatoes

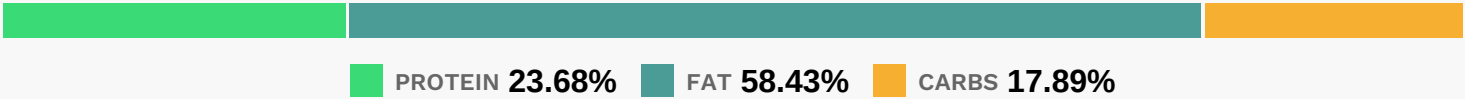
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ Mix all ingredients in small bowl. DO AHEAD: Can be made 1 week ahead. Store airtight at room temperature.
- ☐ Cook bacon in large skillet until crisp.
- ☐ Transfer to paper towels to drain. Break in half. Gently mix chuck and sirloin in large bowl. Form meat into 8 patties, each 3 1/2 to 4 inches in diameter and 1/3 to 1/2 inch thick. Using thumb, make slight indentation in center of each burger. DO AHEAD: Burgers and bacon can be prepared 8 hours ahead. Cover separately and chill.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Sprinkle 1 teaspoon coffee rub on top side of each burger.
- ☐ Place burgers, rub side down, on grill rack. Grill until slightly charred, about 4 minutes; turn.
- ☐ Place 2 bacon slice halves atop each burger. Cook 3 minutes.
- ☐ Top each with 1 cheese slice. Cover and cook until cheese melts, about 1 minute longer.
- ☐ Place burgers atop bottom halves of buns. Top with onion slices and tomato slices. Spoon dollop of Texas Barbecue
- ☐ Sauce over. Cover with bun tops and serve, passing additional sauce alongside.
- ☐ Beer is a natural pairing for a burger. Keep the southern theme going by pouring a Texas brew. We like the caramel sweetness and mild hoppy flavor of Shiner Bock (\$8 per six-pack).
- ☐ Making a small indentation in the center of the patty before cooking ensures a nice, flat burger.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:13.68, Inflammation Score:-6, Nutrition Score:20.678260637366%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 594.77kcal (29.74%), Fat: 38.14g (58.67%), Saturated Fat: 15.98g (99.85%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.7g (8.98%), Sugar: 6.04g (6.71%), Cholesterol: 125.65mg (41.88%), Sodium: 813.36mg (35.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.57%), Selenium: 37.84µg (54.05%), Vitamin B12: 3.08µg (51.27%), Zinc: 6.67mg (44.5%), Phosphorus: 428.5mg (42.85%), Vitamin B3: 7.92mg (39.62%), Calcium: 292.11mg (29.21%), Vitamin B6: 0.53mg (26.46%), Vitamin B2: 0.42mg (24.77%), Vitamin B1: 0.37mg (24.56%), Iron: 4.14mg (23.02%), Manganese: 0.38mg (18.85%), Potassium: 546.27mg (15.61%), Folate: 60.85µg (15.21%), Magnesium: 46.66mg (11.67%), Vitamin B5: 0.87mg (8.65%), Copper: 0.17mg (8.48%), Vitamin A: 398.23IU (7.96%), Vitamin K: 8.26µg (7.87%), Vitamin C: 5.32mg (6.45%), Fiber: 1.57g (6.27%), Vitamin E: 0.9mg (5.98%), Vitamin D: 0.34µg (2.29%)