



 **57%**  
HEALTH SCORE

## Deen Burger

READY IN



40 min.

SERVINGS



4

CALORIES



1043 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 slices applewood bacon
- 4 servings avocado mashed for serving
- 4 burger buns
- 4 servings heirloom tomatoes for serving
- 4 servings iceberg lettuce shredded for serving
- 2 tablespoons catsup
- 4 servings kosher salt and pepper black freshly ground
- 1.5 pounds ground beef lean (blend of ground chuck and sirloin,)
- 0.3 cup mayonnaise

- 1.5 tablespoons mustard
- 2 tablespoons olive oil
- 4 slices sharp cheddar
- 0.5 vidalia onion sliced into rings and sauteed
- 0.5 onion white chopped

## Equipment

- bowl
- baking sheet
- oven
- grill

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the bacon on a baking sheet and bake until crisp, 12 to 15 minutes.
- In a bowl, mix together the ground beef, white onions and some salt and pepper until just combined. Don't overwork it. Form the beef into four 1-inch-thick patties and use your thumb to create an indent in the center of each burger.
- Place on a plate and refrigerate until ready to grill.
- Preheat the grill to medium-high heat and brush the grill grates with the oil.
- Place the burgers on the grill and cook, 3 to 5 minutes per side.
- Add the cheese slices to the burgers the last minute of grilling, covering the grill to help the cheese to melt.
- Remove the burgers from the grill to rest. Toast the buns cut-side down for 1 minute when the burgers are resting. Sandwich the burgers with the Vidalia onions, bacon, shredded lettuce, tomatoes, avocado and Jamie's Special Sauce.
- Mix the mayonnaise, ketchup and mustard together in a small bowl. Makes 1/2 cup.

## Nutrition Facts



■ PROTEIN 22.02% ■ FAT 59.82% ■ CARBS 18.16%

## Properties

Glycemic Index:85, Glycemic Load:16.49, Inflammation Score:-10, Nutrition Score:49.130869626999%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

## Nutrients (% of daily need)

Calories: 1042.66kcal (52.13%), Fat: 70.07g (107.81%), Saturated Fat: 20.24g (126.49%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 36.27g (13.19%), Sugar: 14.79g (16.43%), Cholesterol: 168.38mg (56.13%), Sodium: 1046.8mg (45.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.02g (116.05%), Selenium: 61.12µg (87.31%), Vitamin K: 87.6µg (83.43%), Vitamin B3: 16.06mg (80.28%), Zinc: 11.75mg (78.31%), Vitamin B12: 4.43µg (73.83%), Phosphorus: 711.1mg (71.11%), Vitamin B6: 1.36mg (67.8%), Potassium: 1889.79mg (53.99%), Folate: 202.53µg (50.63%), Vitamin C: 41.04mg (49.75%), Vitamin A: 2442.25IU (48.85%), Fiber: 11.6g (46.39%), Vitamin B2: 0.78mg (45.77%), Vitamin B1: 0.64mg (42.61%), Iron: 7.48mg (41.55%), Manganese: 0.81mg (40.73%), Vitamin E: 5.8mg (38.68%), Calcium: 341.15mg (34.11%), Vitamin B5: 3.19mg (31.85%), Magnesium: 124.27mg (31.07%), Copper: 0.57mg (28.35%), Vitamin D: 0.54µg (3.61%)