



# Easy Bacon, Onion and Cheese Stuffed Burgers

READY IN



35 min.

SERVINGS



6

CALORIES



935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound bacon cut into 1/4 inch pieces
- 3 tablespoons barbecue sauce
- 0.5 teaspoon garlic powder
- 3 pounds ground beef
- 0.5 teaspoon pepper black
- 6 hawaiian rolls split
- 1 medium onion finely chopped
- 0.3 teaspoon salt

- 0.8 cup cheddar cheese shredded

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- mixing bowl
- plastic wrap
- grill
- slotted spoon

## Directions

- In a large mixing bowl, mix together the ground beef, salt, black pepper, barbeque sauce and garlic powder using your hands. Taking a small handful at a time (approximately 1/4 pound), shape into 12 patties.
- Lay patties out on a cookie sheet and cover with plastic wrap; place patties in the refrigerator.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown, about 5 minutes.
- Remove bacon from skillet with a slotted spoon and drain on paper towels. Turn the heat down to medium and pan fry the onions in the remaining bacon drippings until soft and translucent and just beginning to brown.
- Mix together onions and bacon in a small bowl.
- Prepare a grill or large skillet for medium heat.
- As the grill heats, pull beef patties out of the refrigerator; top 6 of the patties with 1- 1/2 tablespoons of the bacon and onion mixture each, and sprinkle with shredded cheese. Top each with one of the remaining patties and press the edges together to seal.
- Grill or pan fry the stuffed and sealed patties until cooked through, 2 to 3 minutes per side.
- Serve on hamburger buns with condiments of your choice.

## Nutrition Facts

PROTEIN 22.4% FAT 65.45% CARBS 12.15%

## Properties

Glycemic Index:25.5, Glycemic Load:13.38, Inflammation Score:-4, Nutrition Score:28.254347707914%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 934.91kcal (46.75%), Fat: 66.93g (102.96%), Saturated Fat: 25.52g (159.48%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 26.71g (9.71%), Sugar: 6.87g (7.63%), Cholesterol: 200.1mg (66.7%), Sodium: 894.92mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.54g (103.07%), Vitamin B12: 5.28µg (87.97%), Selenium: 57.58µg (82.26%), Zinc: 10.81mg (72.09%), Vitamin B3: 12.99mg (64.95%), Phosphorus: 529.26mg (52.93%), Vitamin B6: 0.9mg (45.16%), Iron: 6.18mg (34.32%), Vitamin B2: 0.57mg (33.34%), Vitamin B1: 0.45mg (30.08%), Potassium: 802.81mg (22.94%), Calcium: 212.6mg (21.26%), Manganese: 0.32mg (16.23%), Folate: 63.07µg (15.77%), Magnesium: 60.25mg (15.06%), Vitamin B5: 1.45mg (14.48%), Copper: 0.22mg (11.14%), Vitamin E: 1.39mg (9.28%), Vitamin K: 6.99µg (6.66%), Fiber: 1.23g (4.92%), Vitamin A: 176.83IU (3.54%), Vitamin D: 0.46µg (3.08%), Vitamin C: 1.97mg (2.39%)