



Giant Barbecue Bacon Burger

 Dairy Free

READY IN



36 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 9 inch bread
- ☐ 2 tablespoons butter
- ☐ 6 slices bacon cooked
- ☐ 0.3 cup dill pickle
- ☐ 1 large eggs
- ☐ 1.5 pounds ground beef lean
- ☐ 4 romaine leaves

- ☐ 0.5 cup onion finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 4 ounce processed cheese food
- ☐ 0.3 cup oats
- ☐ 0.8 teaspoon salt
- ☐ 1 tomatoes sliced

Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ wax paper
- ☐ microwave
- ☐ spatula

Directions

- ☐ Ask a grown-up to prepare the grill.
- ☐ Place butter in a big microwave-safe bowl. Cover with wax paper, and microwave at HIGH 30 seconds or until butter melts. Stir in onion. Cover and microwave at HIGH 2 more minutes or until onion is tender. Cool.
- ☐ Add beef, oats, egg, 1/4 cup barbecue sauce, salt, and pepper; mix well. Turn beef mixture out onto a big piece of aluminum foil, and shape into a 9-inch patty.
- ☐ Grill patty, covered with grill lid, over medium-high heat (350 to 400 degrees F) 4 to 5 minutes on each side or until no longer pink, using a wide spatula to turn. Arrange bacon and cheese on patty the last 2 minutes of cooking.
- ☐ Cut loaf of bread in half horizontally.
- ☐ Spread 1/4 cup barbecue sauce over cut side of bottom half of bread. Arrange lettuce over barbecue sauce. Top with burger, tomato slices, and pickles.
- ☐ Cut burger into wedges to serve.

Nutrition Facts

PROTEIN 36.52% FAT 48.77% CARBS 14.71%

Properties

Glycemic Index:41.28, Glycemic Load:3.37, Inflammation Score:-8, Nutrition Score:20.43304358358%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 368.27kcal (18.41%), Fat: 19.67g (30.27%), Saturated Fat: 8.06g (50.39%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 11.96g (4.35%), Sugar: 6.04g (6.71%), Cholesterol: 128.13mg (42.71%), Sodium: 1066.67mg (46.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.3%), Vitamin B12: 2.99µg (49.83%), Selenium: 33.11µg (47.3%), Zinc: 6.9mg (45.97%), Phosphorus: 436.66mg (43.67%), Vitamin B3: 7.62mg (38.11%), Vitamin A: 1787.06IU (35.74%), Vitamin B6: 0.58mg (29.02%), Calcium: 239.93mg (23.99%), Iron: 3.71mg (20.61%), Vitamin B2: 0.33mg (19.64%), Manganese: 0.37mg (18.74%), Potassium: 626.21mg (17.89%), Magnesium: 54.92mg (13.73%), Vitamin B1: 0.17mg (11.55%), Vitamin B5: 1.15mg (11.46%), Vitamin C: 6.89mg (8.35%), Copper: 0.16mg (8.05%), Folate: 28.24µg (7.06%), Vitamin E: 1.04mg (6.92%), Fiber: 1.39g (5.54%), Vitamin K: 4.14µg (3.95%), Vitamin D: 0.43µg (2.84%)