



Green-Chile Bacon Burgers with Goat Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



1098 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces goat cheese fresh cut into 4 slices
- ☐ 1.5 pounds ground beef chuck
- ☐ 4 hamburger buns split
- ☐ 0.5 cup mango chutney
- ☐ 1 poblano chile
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 pound bacon thick-cut
- ☐ 1 tomatoes thick cut into 4 slices
- ☐ 4 servings vegetable oil for brushing

- ☐ 1 sprigs watercress for serving

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat the oven to 37
- ☐ Line a large, rimmed baking sheet with parchment paper. Arrange the bacon slices on the paper and brush both sides liberally with the chutney, leaving any chunks in the jar.
- ☐ Bake the bacon for about 30 minutes, turning once, until caramelized.
- ☐ Transfer the glazed bacon to a rack and let cool.
- ☐ Meanwhile, light a grill or preheat a grill pan. Rub the chile with oil and grill until charred all over, about 5 minutes.
- ☐ Transfer to a bowl, cover with plastic wrap and let stand for 10 minutes. Peel the poblano and coarsely chop it.
- ☐ Brush the cut sides of the buns with oil and grill until toasted, about 30 seconds.
- ☐ Brush the tomato slices with oil and grill just until lightly charred, about 1 minute.
- ☐ Place the grilled tomato slices on the bottom half of the buns.
- ☐ Form the beef into four 1-inch-thick patties and brush with oil. Season with salt and pepper and grill over high heat, turning once, until nearly medium-rare, about 6 minutes. Top with the goat cheese and chopped poblano, close the grill and cook until the cheese is completely melted and the burgers are medium-rare, about 1 minute. Set the burgers on the buns, top with the glazed bacon and watercress sprigs and serve right away.

Nutrition Facts



 PROTEIN **16.6%**  FAT **63.51%**  CARBS **19.89%**

Properties

Glycemic Index:49.25, Glycemic Load:29.13, Inflammation Score:-6, Nutrition Score:29.611304200214%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 1098.05kcal (54.9%), Fat: 76.83g (118.2%), Saturated Fat: 26.22g (163.85%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 52.02g (18.92%), Sugar: 25.46g (28.28%), Cholesterol: 167.97mg (55.99%), Sodium: 990.05mg (43.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.2g (90.4%), Selenium: 50.06µg (71.51%), Vitamin B12: 4.05µg (67.5%), Vitamin B3: 11.7mg (58.51%), Zinc: 8.41mg (56.04%), Phosphorus: 470.04mg (47%), Vitamin B6: 0.88mg (44.05%), Vitamin C: 32.7mg (39.64%), Vitamin K: 37.45µg (35.66%), Vitamin B1: 0.51mg (34.25%), Vitamin B2: 0.55mg (32.55%), Iron: 5.81mg (32.27%), Potassium: 789.28mg (22.55%), Copper: 0.41mg (20.55%), Manganese: 0.37mg (18.63%), Vitamin E: 2.57mg (17.16%), Folate: 67.2µg (16.8%), Magnesium: 57.21mg (14.3%), Calcium: 140.56mg (14.06%), Vitamin B5: 1.38mg (13.8%), Vitamin A: 627.21IU (12.54%), Fiber: 2.12g (8.48%), Vitamin D: 0.48µg (3.21%)