



## Grilled Bacon-Cheeseburgers (Crowd Size)

READY IN



31 min.

SERVINGS



12

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds ground beef lean
- 2 small onion finely chopped
- 0.8 teaspoon pepper
- 12 hawaiian rolls split toasted
- 1 cup cheese dressing blue
- 12 slices bacon cooked

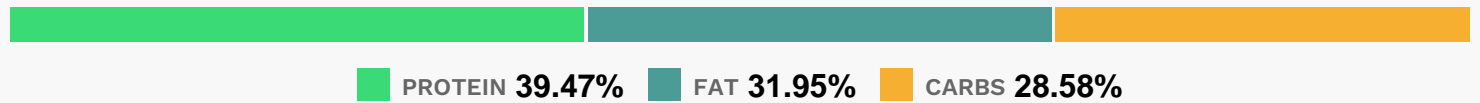
### Equipment

- grill

## Directions

- Heat coals or gas grill for direct heat.
- Mix beef, onions and pepper. Shape into 12 patties, each about 3/4 inch thick.
- Cover and grill patties 3 to 4 inches from medium heat 10 to 11 minutes, turning once, until no longer pink in center and juice is clear.
- Place burgers on bottom half of buns. Spoon dressing onto burgers; top each with 2 pieces of bacon. Top with top half of buns.

## Nutrition Facts



## Properties

Glycemic Index:10.08, Glycemic Load:13.13, Inflammation Score:-3, Nutrition Score:17.409999851623%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 337.96kcal (16.9%), Fat: 11.64g (17.92%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.44g (8.16%), Sugar: 4.2g (4.67%), Cholesterol: 78.43mg (26.14%), Sodium: 613.87mg (26.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.37g (64.75%), Selenium: 35.87µg (51.25%), Vitamin B12: 2.76µg (46%), Vitamin B3: 8.89mg (44.46%), Zinc: 6.4mg (42.69%), Phosphorus: 319.52mg (31.95%), Vitamin B6: 0.53mg (26.64%), Iron: 4.39mg (24.38%), Vitamin B1: 0.33mg (22.29%), Vitamin B2: 0.35mg (20.74%), Potassium: 504.45mg (14.41%), Manganese: 0.28mg (14.09%), Folate: 48.94µg (12.24%), Magnesium: 40.13mg (10.03%), Calcium: 94.41mg (9.44%), Vitamin B5: 0.83mg (8.33%), Copper: 0.15mg (7.54%), Fiber: 1g (4.02%), Vitamin K: 3.76µg (3.58%), Vitamin E: 0.52mg (3.48%), Vitamin C: 1.48mg (1.8%)