



## Grilled California Avocado B-L-T Burgers with Caramelized Chipotle Onions

READY IN



75 min.

SERVINGS



6

CALORIES



997 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 california avocado with balsamic vinegar and sprinkling with spicy seasoned salt before grilling)
- 12 slices bacon pre-cooked
- 1 tablespoon balsamic vinegar
- 1 tablespoon beef broth
- 4 ounces cheese blue crumbled (recommended: Point Reyes)
- 6.5 ounces garlic-and-herbs spreadable cheese light
- 1 tablespoon brown sugar dark
- 1 tablespoon garlic fresh crushed

- 1 pound ground beef
- 1 pound ground sirloin
- 1 tablespoon olive oil
- 3 tablespoons oregano fresh minced (any combination)
- 1 tablespoon spicy chipotle pepper sauce (recommended: Tabasco Chipotle Pepper Sauce)
- 6 servings romaine lettuce leaves
- 1.5 teaspoons spicy seasoned salt
- 6 kaiser rolls split soft ( )
- 0.3 cup onion sweet minced
- 1 large onion sweet halved thinly sliced
- 6 large tomatoes
- 6 servings vegetable oil for brushing grill rack
- 0.3 cup zinfandel wine (recommended: Sutter Home Zinfandel)

## Equipment

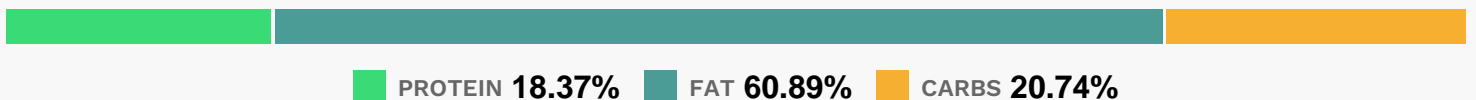
- bowl
- frying pan
- sauce pan
- grill

## Directions

- In a grill with a cover, prepare a medium-hot fire for direct-heat cooking.
- For caramelized onions, combine onion, pepper sauce, broth, vinegar, oil, garlic, and brown sugar in a 10-inch nonstick skillet with a lid. When coals are ready, place covered pan on grill rack. Cook onion mixture for 15 to 20 minutes, stirring occasionally, until onions are caramelized and most of liquid is evaporated.
- Remove pan from grill and set aside.
- For spread, combine spreadable cheese and blue cheese in a saucepan; cover and set aside.
- For burgers, place ground beef in a large bowl.

- Add onion, Zinfandel, herbs, pepper sauce, and seasoned salt; mix gently. Shape beef mixture into 6 round patties.
- Brush grill rack with vegetable oil.
- Place patties on grill rack, cover, and cook about 4 minutes. Turn and continue cooking until cooked to desired doneness.
- Meanwhile, place saucepan with cheese spread on outer edge of grill rack to warm cheese mixture just until it reaches a very soft, spreading consistency.
- Remove saucepan from grill and set aside.
- During final minutes of grilling patties, arrange avocado slices on a rimmed nonstick perforated grilling pan coated lightly with oil, and grill alongside patties for 1 to 2 minutes, turning as necessary. During final 30 seconds, add bacon slices to pan. When avocados are nicely grilled and bacon is crisp, remove from grill. When patties are cooked, remove from grill, stacking to keep warm.
- Place rolls, cut side down, on outer edges of grill to toast lightly.
- To assemble burgers, spread a generous amount of cheese spread over cut sides of rolls. On the bottom of each roll layer lettuce, a tomato slice, beef patty, caramelized onions, grilled avocado, and bacon.
- Add top and serve.

## Nutrition Facts



### Properties

Glycemic Index:48, Glycemic Load:23.95, Inflammation Score:-10, Nutrition Score:36.389565073926%

### Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

### Nutrients (% of daily need)

Calories: 996.72kcal (49.84%), Fat: 67.23g (103.44%), Saturated Fat: 24.3g (151.87%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 45.96g (16.71%), Sugar: 13.22g (14.68%), Cholesterol: 168.48mg (56.16%), Sodium:

1655.04mg (71.96%), Alcohol: 1.04g (100%), Alcohol %: 0.26% (100%), Protein: 45.65g (91.29%), Vitamin A: 7821.82IU (156.44%), Vitamin K: 137.73µg (131.17%), Iron: 16.01mg (88.95%), Vitamin B12: 3.66µg (61.08%), Zinc: 7.97mg (53.1%), Selenium: 35.16µg (50.23%), Vitamin B3: 9.26mg (46.29%), Phosphorus: 442.24mg (44.22%), Vitamin B6: 0.84mg (41.98%), Folate: 157.15µg (39.29%), Potassium: 961.61mg (27.47%), Vitamin B2: 0.43mg (25.21%), Calcium: 223.02mg (22.3%), Fiber: 5.55g (22.18%), Manganese: 0.4mg (20.01%), Vitamin E: 2.76mg (18.41%), Vitamin B1: 0.26mg (17.63%), Magnesium: 65.39mg (16.35%), Vitamin B5: 1.55mg (15.45%), Vitamin C: 10.65mg (12.91%), Copper: 0.24mg (11.84%), Vitamin D: 0.31µg (2.06%)