



Grilled Cheeseburgers

READY IN



45 min.

SERVINGS



6

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 0.7 cup commercial barbecue sauce
- 2 tablespoons butter divided
- 2 tablespoons catsup divided
- 0.5 teaspoon garlic powder
- 2 pounds ground beef
- 6 hamburger buns split
- 0.1 teaspoon hot sauce
- 6 lettuce leaves

- 2 tablespoons mayonnaise divided
- 2 tablespoons mustard divided
- 6 slices onion
- 0.5 teaspoon pepper
- 6 slices pickle
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded divided
- 6 slices tomatoes
- 1 tablespoon worcestershire sauce

Equipment

- grill

Directions

- Combine meat, Worcestershire sauce, garlic, hot sauce, salt, and pepper; mix well.
- Divide meat into 12 equal portions; shape each portion into a 4-inch pattie.
- Sprinkle one-sixth of cheese on each of 6 patties.
- Place 1 teaspoon butter on top of cheese. Top each with 1 of the remaining 6 patties. Press edges of filled patties together to seal. Wrap a slice of bacon around each cheeseburger, and secure with a wooden pick.
- Grill over medium coals 12 to 15 minutes or until desired degree of doneness, turning patties and brushing frequently with barbecue sauce.
- Place 1 cheeseburger on bottom of each bun. Top each with lettuce leaf, onion, tomato, and pickle slices, and 1 teaspoon each of mayonnaise, mustard, and catsup. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:13.62, Inflammation Score:-9, Nutrition Score:30.800869413044%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 837kcal (41.85%), Fat: 55.44g (85.3%), Saturated Fat: 20.01g (125.06%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 40.24g (14.63%), Sugar: 18.72g (20.81%), Cholesterol: 142.73mg (47.58%), Sodium: 2578.31mg (112.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.39g (78.78%), Selenium: 46.7µg (66.71%), Vitamin B12: 3.64µg (60.7%), Vitamin A: 2757.37IU (55.15%), Zinc: 7.99mg (53.28%), Vitamin B3: 9.84mg (49.2%), Phosphorus: 460.98mg (46.1%), Vitamin K: 42.18µg (40.17%), Vitamin B6: 0.74mg (37.14%), Vitamin B2: 0.61mg (35.9%), Calcium: 342.37mg (34.24%), Vitamin B1: 0.5mg (33.3%), Iron: 5.7mg (31.64%), Potassium: 949.59mg (27.13%), Manganese: 0.54mg (27.07%), Folate: 85.3µg (21.32%), Magnesium: 69.9mg (17.47%), Vitamin C: 13.73mg (16.64%), Fiber: 3.71g (14.83%), Vitamin E: 2.03mg (13.51%), Copper: 0.26mg (12.87%), Vitamin B5: 1.16mg (11.64%), Vitamin D: 0.36µg (2.41%)