



Jalapeño Cheeseburgers with Bacon and Grilled Onions

READY IN



45 min.

SERVINGS



8

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 slices bacon
- 3 tablespoons butter
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground pepper
- 0.3 cup plus light
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 2 teaspoons brown sugar packed ()

- 4 spring onion finely chopped
- 2 pounds ground beef
- 1 teaspoon pepper black
- 8 hawaiian rolls split
- 1 teaspoon coffee instant
- 1 tablespoon jalapeno seeded chopped
- 2 tablespoons jalapeno minced seeded
- 2 tablespoons catsup
- 8 romaine leaves
- 6 tablespoons juice of lime fresh
- 1 cup mayonnaise
- 1.3 cups onion chopped
- 1 teaspoon salt
- 2 cups sharp cheddar cheese shredded white
- 1 cup cream sour
- 2 tablespoons worcestershire sauce
- 8 servings frangelico assorted (such as tomato and grilled onion slices)
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Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- whisk
- grill

Directions

- Whisk all ingredients in medium bowl to blend. Season sauce with salt and pepper.
- Gently mix all ingredients in large bowl. Form mixture into eight 1/2- to 3/4-inch-thick patties.
- Place on small baking sheet. Cover and chill at least 2 hours and up to 1 day.
- Stir first 5 ingredients in small saucepan over medium heat until coffee is dissolved.
- Remove from heat.
- Whisk in butter. Season glaze to taste with salt and pepper.
- Prepare barbecue (medium-high heat). Working in batches if necessary, cook bacon in large skillet over medium-high heat until crisp and brown.
- Transfer bacon to paper towels to drain.
- Spray grill rack with nonstick spray. Toast buns until golden, about 2 minutes per side.
- Transfer buns, cut side up, to plates.
- Place lettuce on each bun bottom. Grill burgers 5 minutes, basting with glaze. Turn burgers, baste with glaze, and grill until cooked to desired doneness, about 5 minutes longer for medium. Press cheese atop each burger and allow cheese to melt.
- Place some sauce, then 1 burger on each bun bottom. Top each with 2 slices bacon and desired additional toppings. Cover with bun top.
- Serve with remaining sauce.

Nutrition Facts

PROTEIN 14.16% **FAT 69.57%** **CARBS 16.27%**

Properties

Glycemic Index:61.38, Glycemic Load:15.96, Inflammation Score:-9, Nutrition Score:31.45086959134%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 1065.31kcal (53.27%), Fat: 82.37g (126.72%), Saturated Fat: 29.25g (182.79%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 41.34g (15.03%), Sugar: 19.38g (21.53%), Cholesterol: 177.81mg (59.27%), Sodium: 1384.67mg (60.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.92mg (1.31%), Protein: 37.73g (75.45%), Vitamin K: 99.42µg (94.68%), Selenium: 47.86µg (68.37%), Vitamin A: 2859.24IU (57.18%), Vitamin B12: 3.14µg (52.25%), Phosphorus: 470.26mg (47.03%), Zinc: 6.99mg (46.62%), Vitamin B3: 8.82mg (44.12%), Calcium: 350.54mg (35.05%), Vitamin B2: 0.57mg (33.52%), Vitamin B6: 0.64mg (32.22%), Vitamin B1: 0.48mg (31.97%), Iron: 4.79mg (26.6%), Vitamin C: 21.78mg (26.39%), Manganese: 0.43mg (21.67%), Folate: 82.33µg (20.58%), Potassium: 710.23mg (20.29%), Vitamin E: 2.62mg (17.49%), Magnesium: 57.5mg (14.37%), Vitamin B5: 1.17mg (11.67%), Copper: 0.2mg (9.82%), Fiber: 2.01g (8.05%), Vitamin D: 0.51µg (3.43%)