



Jalapeño Cheeseburgers with Bacon and Grilled Onions

READY IN



45 min.

SERVINGS



8

CALORIES



1064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 slices bacon
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon cayenne 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 green onions finely chopped

- ☐ 2 pounds ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 8 hamburger buns split
- ☐ 1 teaspoon coffee crystals instant
- ☐ 1 tablespoon jalapeño chile seeded chopped
- ☐ 2 tablespoons catsup
- ☐ 8 lettuce leaves
- ☐ 6 tablespoons juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 1.3 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 2 cups coarsely sharp cheddar cheese shredded white
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons worcestershire sauce
- ☐ 8 servings additional toppings assorted (such as tomato and grilled onion slices)
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Equipment

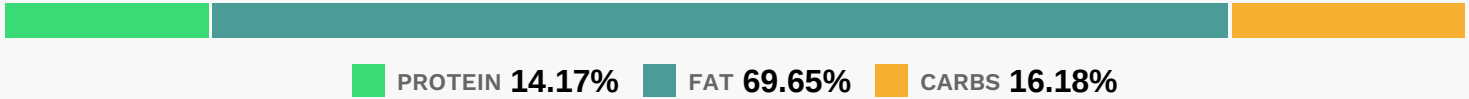
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill

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



Properties

Glycemic Index:53.38, Glycemic Load:15.9, Inflammation Score:-9, Nutrition Score:30.881304481755%

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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 1063.83kcal (53.19%), Fat: 82.33g (126.66%), Saturated Fat: 29.24g (182.75%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 41.16g (14.97%), Sugar: 19.21g (21.35%), Cholesterol: 177.81mg (59.27%), Sodium:

1384.52mg (60.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.92mg (1.31%), Protein: 37.68g (75.35%), Vitamin K: 98.62µg (93.93%), Selenium: 47.83µg (68.33%), Vitamin A: 2766.8IU (55.34%), Vitamin B12: 3.14µg (52.25%), Phosphorus: 468.92mg (46.89%), Zinc: 6.99mg (46.57%), Vitamin B3: 8.76mg (43.82%), Calcium: 349.91mg (34.99%), Vitamin B2: 0.57mg (33.3%), Vitamin B1: 0.48mg (31.84%), Vitamin B6: 0.63mg (31.28%), Iron: 4.77mg (26.49%), Manganese: 0.43mg (21.36%), Vitamin C: 17.23mg (20.89%), Folate: 81.18µg (20.3%), Potassium: 698.41mg (19.95%), Vitamin E: 2.45mg (16.35%), Magnesium: 56.74mg (14.19%), Vitamin B5: 1.16mg (11.56%), Copper: 0.19mg (9.71%), Fiber: 1.87g (7.5%), Vitamin D: 0.51µg (3.43%)