



Juicy Deer and Bacon Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices hickory-smoked bacon
- ☐ 4 servings ground pepper fresh black
- ☐ 0.5 pound ground venison
- ☐ 4 hamburger buns split
- ☐ 4 servings kosher salt
- ☐ 0.5 pound ground beef lean
- ☐ 4 servings stout beer guinness® (such as)
- ☐ 4 servings lea & perrins worcestershire sauce

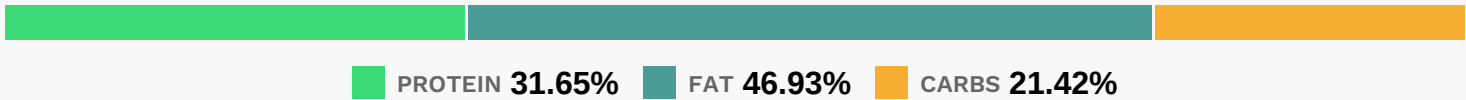
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Combine ground venison and ground beef in a bowl. Divide into 4 balls, and flatten into patties.
- ☐ Heat a large skillet over medium heat.
- ☐ Place the burgers in the heated skillet and sprinkle each burger with salt, black pepper, a dash of beer, and a dash of Worcestershire sauce. Flip the burgers once a brown crust has formed on the bottom, about 5 to 10 minutes.
- ☐ Sprinkle the cooked side of the burgers with the salt, pepper, beer, and Worcestershire. Cook burgers another 5 to 10 minutes for well done. Top each patty with bacon and serve on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:12.89, Inflammation Score:-2, Nutrition Score:18.388260969649%

Nutrients (% of daily need)

Calories: 425.65kcal (21.28%), Fat: 21.66g (33.32%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 21.45g (7.8%), Sugar: 3.23g (3.59%), Cholesterol: 102.29mg (34.1%), Sodium: 717.64mg (31.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Selenium: 33.87µg (48.39%), Vitamin B3: 9.48mg (47.4%), Vitamin B1: 0.66mg (43.92%), Vitamin B12: 2.58µg (43.02%), Zinc: 5.97mg (39.83%), Phosphorus: 317.94mg (31.79%), Vitamin B6: 0.6mg (30.03%), Iron: 4.68mg (26%), Vitamin B2: 0.41mg (24.11%), Potassium: 510.45mg (14.58%), Manganese: 0.27mg (13.41%), Folate: 45.62µg (11.4%), Magnesium: 38.54mg (9.63%), Vitamin

B5: 0.94mg (9.4%), Copper: 0.19mg (9.36%), Calcium: 76.54mg (7.65%), Vitamin E: 0.67mg (4.49%), Fiber: 0.8g (3.2%), Vitamin K: 3.09µg (2.94%), Vitamin D: 0.19µg (1.26%)