

DINNER

Meat Lover's Burger

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	30 min	25 min	2	\$3.37	974 kcal



You can never have too many main course recipes, so give Meat Lover's Burger a try. This recipe makes 2 servings with 985 calories, 49g of protein, and 69g of fat each. For \$3.37 per serving, this recipe covers 34% of your daily requirements of vitamins and minerals. 8 people have tried and liked th...

Ingredients

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| ☐ 8 slices bacon | ☐ 1 tablespoon balsamic vinegar, or to taste |
| ☐ ½ cup dry bread crumbs | ☐ 1 egg |
| ☐ 5 fresh mushrooms, chopped | ☐ 1 clove garlic, minced |
| ☐ ½ pound ground beef | ☐ 1 teaspoon Italian seasoning |
| ☐ 1½ tablespoons grated Parmesan cheese | ☐ 2 servings salt and pepper to taste |
| ☐ 2 slices Swiss cheese | ☐ 2 slices tomato |
| ☐ ½ white onion, diced | ☐ 1 malted wheat hamburger bun, split in half |

Method

- 1 Preheat oven to 375 degrees F (190 degrees C).
- 2 Place bacon in a skillet over medium heat, and cook until brown and crisp.
- 3 Remove bacon from skillet and drain on paper towels.
- 4 Return the skillet to the heat and increase the temperature to medium-high.
- 5 Add the onion and garlic, and stir fry until the onion is soft and the garlic begins to brown.
- 6 Add the balsamic vinegar, and cook while stirring for one minute.
- 7 Add the chopped mushrooms, and cook for three additional minutes.
- 8 Remove pan from heat and set aside.
- 9 Finely chop 4 slices of the bacon (reserving the remaining 4). In a medium bowl, combine the chopped bacon, ground beef, bread crumbs, Italian seasoning, Parmesan cheese, mushroom mixture and egg.
- 10 Mix well using hands. Season with salt and pepper, and form into two patties.
- 11 Open the two halves of the hamburger bun on an ungreased cookie sheet.
- 12 Place one beef patty on each half, and cover each with one slice of tomato, 2 slices of the reserved bacon and one slice of Swiss cheese.
- 13 Bake for 25 minutes in the preheated oven, or until meat has cooked through.

Nutrition per serving

974

KCAL

47 g

PROTEIN

69 g

FAT

39 g

CARBS

Saturated Fat	25.5 g · 159% of daily needs
Fibre	3.8 g · 15% of daily needs
Sugar	7.3 g · 8% of daily needs
Sodium	1,289 mg · 56% of daily needs
Cholesterol	240 mg · 80% of daily needs
Vitamin C	7.3 mg · 9% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/meat-lovers-burger-148359