



Nine-Layer Cheeseburger Dip

READY IN



140 min.

SERVINGS



10

CALORIES



651 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 strips bacon
- ☐ 2 cups cheddar shredded yellow
- ☐ 1 cup dill pickles chopped (6 spears)
- ☐ 1 pound ground beef
- ☐ 0.5 cup catsup
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 1 cup mayonnaise
- ☐ 1 large onion red finely chopped
- ☐ 2 cups baby greens finely chopped

- ☐ 2 sesame seed hamburger buns
- ☐ 3 medium tomatoes chopped
- ☐ 10 servings tortilla chips for serving
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup mustard yellow

Equipment

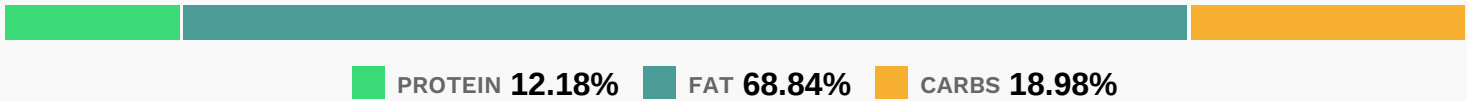
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the broiler. Open the hamburger buns and arrange on a baking sheet.
- ☐ Brush the buns all over with 1 tablespoon of the mayonnaise. Toast until golden on both sides, 1 to 2 minutes per side.
- ☐ Cut into very small pieces and set aside.
- ☐ Combine the cheese, 1/2 cup mayonnaise and a pinch of salt in a food processor and process until very smooth.
- ☐ Transfer to a bowl, cover and refrigerate until ready to use.
- ☐ Whisk the remaining 1/2 cup mayonnaise, the ketchup and mustard in a bowl for the sauce, cover and refrigerate until ready for use.
- ☐ Arrange the bacon in a large nonstick skillet (do in batches if necessary) and heat over medium heat. Cook until golden brown and crispy, 4 to 5 minutes per side.
- ☐ Remove, let cool slightly and chop into small pieces.
- ☐ Wipe out the skillet.
- ☐ Heat the oil in the skillet over medium-high heat.

- ☐ Add one-third of the onion and cook, stirring frequently, until soft and just beginning to brown, about 4 minutes.
- ☐ Add the ground beef, 3/4 teaspoon salt and a few grinds of pepper. Cook, stirring and breaking up into smaller pieces, until browned and cooked through, about 4 minutes. Stir in a 1/3 cup of the prepared ketchup sauce and cool the beef mixture to room temperature.
- ☐ Let the cheese mixture soften at room temperature, about 30 minutes, before building the dip.
- ☐ Layer the dip in a medium, straight-sided 3-quart clear glass trifle bowl or your favorite serving dish.
- ☐ Spread out the cheese mixture and then top, in even layers, with the buns, tomatoes, beef, the remaining ketchup sauce, the pickles, the remaining onions and the bacon.
- ☐ Wrap and refrigerate until chilled, at least 1 hour and up to overnight. Top with the shredded lettuce right before serving.
- ☐ Serve with chips for dipping.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:18.546521819156%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 650.75kcal (32.54%), Fat: 50.15g (77.15%), Saturated Fat: 14.48g (90.51%), Carbohydrates: 31.11g (10.37%), Net Carbohydrates: 28.04g (10.2%), Sugar: 5.48g (6.08%), Cholesterol: 78.73mg (26.24%), Sodium: 896.22mg (38.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.91%), Vitamin K: 67.37µg (64.16%), Vitamin A: 1904.61IU (38.09%), Selenium: 24µg (34.28%), Phosphorus: 311.8mg (31.18%), Zinc: 3.66mg (24.39%), Calcium: 237.62mg (23.76%), Vitamin B12: 1.36µg (22.74%), Vitamin B3: 3.9mg (19.52%), Vitamin E: 2.74mg (18.29%), Vitamin B6: 0.36mg (17.98%), Vitamin B2: 0.29mg (16.81%), Vitamin B1: 0.22mg (14.89%), Magnesium: 55.05mg (13.76%), Potassium: 448.73mg (12.82%), Folate: 50.28µg (12.57%), Iron: 2.22mg (12.32%), Fiber: 3.07g (12.28%), Manganese:

0.19mg (9.68%), Vitamin B5: 0.91mg (9.13%), Vitamin C: 7.37mg (8.94%), Copper: 0.14mg (6.89%), Vitamin D: 0.31µg (2.09%)