



Paul Bunyan Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bacon diced
- 1 cup mushrooms fresh sliced
- 3 slices onion thin
- 1 eggs lightly beaten
- 1 tablespoon worcestershire sauce
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon salt
- 0.5 teaspoon pepper

- 0.5 teaspoon horseradish prepared
- 1 pound ground beef
- 3 slices processed cheese food
- 3 hawaiian rolls split

Equipment

- bowl
- frying pan
- paper towels
- grill
- kitchen thermometer
- slotted spoon

Directions

- In a large skillet, cook bacon until crisp.
- Remove with a slotted spoon to paper towels. In the drippings, saute mushrooms and onion until tender.
- Transfer to a large bowl with a slotted spoon; add bacon.
- In another bowl, combine the egg, Worcestershire sauce, seasoned salt, salt, pepper and horseradish; sprinkle beef over mixture and mix well. Shape into six 1/4-in.-thick patties.
- Divide bacon mixture among three patties. Top with a cheese slice; fold in corners of cheese. Top with remaining patties; seal edges.
- Grill, uncovered, over medium-hot heat for 5-6 minutes a side or until a thermometer reads 160° and meat juices run clear.
- Serve on buns.

Nutrition Facts

 **PROTEIN 21.4%**  **FAT 65.16%**  **CARBS 13.44%**

Properties

Glycemic Index:71.67, Glycemic Load:13.67, Inflammation Score:-5, Nutrition Score:26.829565141512%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 804.61kcal (40.23%), Fat: 57.59g (88.61%), Saturated Fat: 22.09g (138.07%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 25.29g (9.2%), Sugar: 5.52g (6.14%), Cholesterol: 211.95mg (70.65%), Sodium: 1831.29mg (79.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.56g (85.11%), Selenium: 55.08µg (78.69%), Vitamin B12: 4µg (66.67%), Vitamin B3: 11.2mg (56.02%), Phosphorus: 545.1mg (54.51%), Zinc: 8.08mg (53.86%), Vitamin B2: 0.64mg (37.88%), Vitamin B6: 0.72mg (36.02%), Calcium: 331.67mg (33.17%), Vitamin B1: 0.47mg (31.05%), Iron: 5.51mg (30.61%), Potassium: 769.95mg (22%), Vitamin B5: 1.81mg (18.14%), Manganese: 0.35mg (17.46%), Folate: 68.66µg (17.17%), Copper: 0.3mg (15.09%), Magnesium: 53.93mg (13.48%), Vitamin E: 1.26mg (8.41%), Vitamin A: 300.96IU (6.02%), Fiber: 1.44g (5.78%), Vitamin K: 6.04µg (5.76%), Vitamin D: 0.81µg (5.4%), Vitamin C: 3.21mg (3.89%)