



Peanut Butter Burger

READY IN



25 min.

SERVINGS



10

CALORIES



1140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 slices processed cheese food
- ☐ 8 ounces applewood bacon smoked
- ☐ 10 servings burger buns white
- ☐ 10 servings creamy peanut butter
- ☐ 3 cloves garlic fresh minced
- ☐ 5 pounds ground angus beef preferred lean/fat content
- ☐ 0.5 tablespoon cracked peppercorn
- ☐ 1 tablespoon sea salt
- ☐ 1 tablespoon seasoning salt

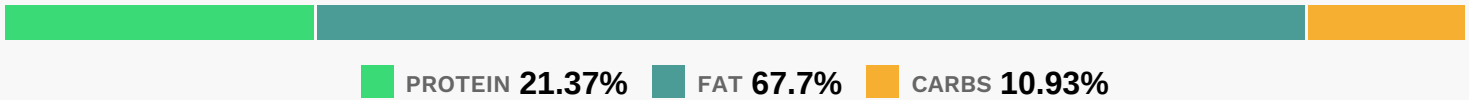
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ stove

Directions

- ☐ Combine the beef with the sea salt, seasoning salt, pepper and garlic. Create 10 beef balls.
- ☐ Place the balls individually between waxed paper and slightly press the center to create your patties.
- ☐ Place the patties on a lined cookie sheet, ready to be placed on the grill.
- ☐ On the stove, fry the bacon to desired texture over medium-heat.
- ☐ Turn your chargrill to medium-high and place the burgers on it once it is hot. Cook the first side until the edges are caramelized and browned, 3 to 5 minutes. Flip the burgers and cook for another 3 to 5 minutes. Be careful not to pierce the meat or overcook. Set aside and let them rest for another 3 to 5 minutes. Before you turn off the grill, lightly toast the white burger buns.
- ☐ Dress each side of the white burger buns with creamy peanut butter and 2 slices American cheese.
- ☐ Place the burgers on top of the cheese and add the cooked bacon.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:14.23, Inflammation Score:-6, Nutrition Score:37.062173998874%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1140.06kcal (57%), Fat: 85.77g (131.95%), Saturated Fat: 31.6g (197.52%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 28.69g (10.43%), Sugar: 7.45g (8.28%), Cholesterol: 217.99mg (72.66%), Sodium: 2749.15mg (119.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.93g (121.86%), Vitamin B12: 5.68µg (94.71%), Selenium: 60.23µg (86.04%), Vitamin B3: 16.6mg (82.98%), Phosphorus: 814.29mg (81.43%), Zinc: 11.94mg (79.6%), Calcium: 563.17mg (56.32%), Vitamin B6: 1mg (49.87%), Manganese: 0.83mg (41.59%), Iron: 6.86mg (38.12%), Vitamin B2: 0.64mg (37.83%), Vitamin B1: 0.45mg (29.76%), Vitamin E: 4.4mg (29.34%), Magnesium: 117.28mg (29.32%), Potassium: 956.18mg (27.32%), Folate: 87.29µg (21.82%), Copper: 0.36mg (17.94%), Vitamin B5: 1.79mg (17.85%), Fiber: 2.46g (9.82%), Vitamin A: 408.54IU (8.17%), Vitamin K: 8.17µg (7.78%), Vitamin D: 0.57µg (3.8%), Vitamin C: 0.84mg (1.02%)