



Perfect Bacon Cheeseburgers

READY IN



25 min.

SERVINGS



6

CALORIES



938 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings butter softened for spreading, plus 2 tablespoons
- ☐ 6 slices cheddar
- ☐ 6 slices bacon cooked halved
- ☐ 3 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 6 dashes hot sauce such as tabasco
- ☐ 1 teaspoon salt
- ☐ 6 kaiser rolls

☐ 4 dashes worcestershire sauce

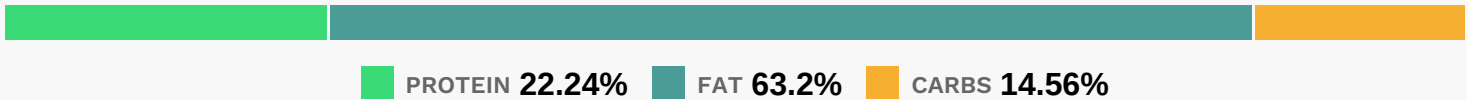
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the beef into a medium mixing bowl.
- ☐ Add the cream, hot sauce, Worcestershire, salt and pepper. With clean hands, mix the meat well. Set aside.
- ☐ Next, slice the rolls in half and spread each half with some softened butter.
- ☐ Place the rolls face-down on a skillet over medium heat. Lightly grill the rolls so they're nice and golden.
- ☐ Let the rolls cool on a plate until you need them.
- ☐ Heat a skillet over medium-high heat and add the butter. Form the beef mixture into 6 patties and place in the skillet, in batches if needed. Allow each to cook about 4 minutes on the first side, flip them and place a slice of Cheddar on to melt.
- ☐ When the patties are done in the middle, place them on the base of the halved buns. Top each with 2 pieces of the bacon and top with the other half of the rolls.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:23.09, Inflammation Score:-4, Nutrition Score:25.600434553364%

Nutrients (% of daily need)

Calories: 937.85kcal (46.89%), Fat: 64.98g (99.97%), Saturated Fat: 27.24g (170.25%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 32.58g (11.85%), Sugar: 4.85g (5.38%), Cholesterol: 211.64mg (70.55%), Sodium: 1124.7mg (48.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.45g (102.89%), Vitamin B12: 5.15µg

(85.84%), Iron: 15.22mg (84.57%), Zinc: 10.39mg (69.26%), Selenium: 43.35µg (61.92%), Vitamin B3: 10.45mg (52.26%), Phosphorus: 476.78mg (47.68%), Vitamin B6: 0.79mg (39.63%), Vitamin B2: 0.46mg (26.88%), Potassium: 686.89mg (19.63%), Calcium: 179.91mg (17.99%), Vitamin B5: 1.34mg (13.4%), Magnesium: 47.04mg (11.76%), Vitamin B1: 0.15mg (10.06%), Vitamin A: 494.22IU (9.88%), Vitamin E: 1.33mg (8.87%), Copper: 0.16mg (7.88%), Vitamin K: 5.55µg (5.28%), Folate: 20.21µg (5.05%), Fiber: 1.11g (4.43%), Vitamin D: 0.57µg (3.82%), Manganese: 0.05mg (2.43%)