



## Pimiento Cheese-Bacon Burger

READY IN



85 min.

SERVINGS



4

CALORIES



1889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices double-smoked bacon crisp cooked
- 4 slices beefsteak tomatoes ripe thin
- 2 tablespoons canola oil
- 0.5 teaspoon cayenne powder
- 12 ounces cheddar yellow extra-sharp grated
- 1 large dill pickle thinly sliced
- 1.5 pounds ground beef ()
- 4 hamburger buns split toasted
- 4 servings kosher salt and pepper black freshly ground

- 1 cup mayonnaise
- 1 cup roasted peppers diced red drained finely
- 1 leaves romaine lettuce optional
- 4 slices vidalia sweet
- 12 ounces cheddar white extra-sharp grated

## Equipment

- bowl
- oven
- whisk
- grill

## Directions

- Whisk the mayonnaise, cayenne, 1/2 teaspoon salt and 1/2 teaspoon black pepper in a large bowl.
- Add the red peppers, white Cheddar and yellow Cheddar and gently fold until combined. Cover the bowl and refrigerate for at least 30 minutes before using.
- Meanwhile, preheat the grill to high for direct grilling. Divide the ground chuck into four equal portions, 6 ounces each. Form each portion into a 3/4-inch burger and make a deep depression in the center with your thumb.
- Brush both sides of the burgers with the oil and sprinkle liberally with salt and pepper. Grill the burgers until golden brown and slightly charred on both sides and cooked to desired doneness, about 4 minutes each side for medium doneness. During the last minute of cooking, place a dollop of the cheese mixture on top of each burger and close the grill lid. Cook until the cheese has just melted, about 1 minute.
- Place the burgers on the buns and top with the bacon, onions, tomatoes, pickles and lettuce if desired.

## Nutrition Facts

 PROTEIN 16.97%  FAT 76.63%  CARBS 6.4%

## Properties

Glycemic Index:67, Glycemic Load:14.2, Inflammation Score:-9, Nutrition Score:47.693478231845%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 1889.42kcal (94.47%), Fat: 160.22g (246.49%), Saturated Fat: 59.04g (369.03%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 28.23g (10.27%), Sugar: 5.28g (5.87%), Cholesterol: 343.43mg (114.48%), Sodium: 2839.38mg (123.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.82g (159.64%), Selenium: 95.71µg (136.73%), Calcium: 1340.4mg (134.04%), Phosphorus: 1185.76mg (118.58%), Vitamin K: 118.81µg (113.15%), Vitamin B12: 5.82µg (96.94%), Zinc: 14.41mg (96.09%), Vitamin B2: 1.22mg (71.52%), Vitamin B3: 11.14mg (55.72%), Vitamin A: 2723.99IU (54.48%), Vitamin B6: 0.92mg (45.99%), Vitamin E: 5.47mg (36.49%), Vitamin B1: 0.52mg (34.65%), Iron: 5.84mg (32.44%), Folate: 112.32µg (28.08%), Potassium: 872.6mg (24.93%), Magnesium: 99.69mg (24.92%), Vitamin C: 18.82mg (22.82%), Manganese: 0.39mg (19.64%), Vitamin B5: 1.95mg (19.53%), Copper: 0.3mg (15.21%), Vitamin D: 1.48µg (9.86%), Fiber: 1.91g (7.64%)