



Pimiento Cheese-Bacon Burgers

READY IN



180 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup herbs mixed fresh chopped (such as basil, mint, and oregano)
- ☐ 1 pound ground beef
- ☐ 1 pound ground sirloin
- ☐ 6 servings hamburger buns homemade
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 slices toppings: pimiento cheese cooked
- ☐ 1 teaspoon salt

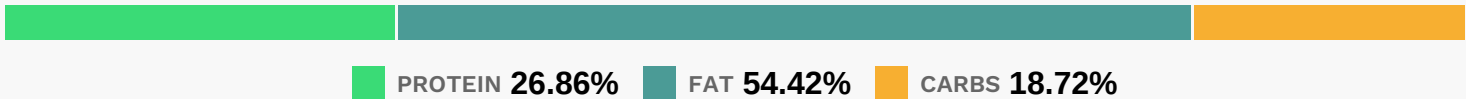
Equipment

☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine first 4 ingredients gently. Stir fresh herbs into meat mixture. Shape mixture into 6 (5-inch) patties.
- ☐ Grill, covered with grill lid, 4 to 5 minutes on each side or until beef is no longer pink in center.
- ☐ Serve on Homemade Hamburger Buns. Top each burger with pimienta cheese, cooked bacon slices, lettuce, and tomato slices.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:12.92, Inflammation Score:-4, Nutrition Score:19.803043469139%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 476.36kcal (23.82%), Fat: 28.21g (43.39%), Saturated Fat: 10.62g (66.36%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 20.93g (7.61%), Sugar: 3.17g (3.52%), Cholesterol: 105.17mg (35.06%), Sodium: 703.71mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.33g (62.65%), Vitamin B12: 3.34µg (55.74%), Selenium: 34.99µg (49.99%), Zinc: 6.89mg (45.94%), Vitamin K: 45.68µg (43.51%), Vitamin B3: 8.54mg (42.71%), Phosphorus: 293.86mg (29.39%), Vitamin B6: 0.54mg (26.78%), Iron: 4.7mg (26.09%), Vitamin B2: 0.36mg (21.02%), Vitamin B1: 0.3mg (20.01%), Potassium: 495.74mg (14.16%), Manganese: 0.28mg (13.96%), Folate: 54.08µg (13.52%), Magnesium: 37.89mg (9.47%), Calcium: 91.9mg (9.19%), Vitamin B5: 0.81mg (8.07%), Copper: 0.15mg (7.49%), Vitamin E: 0.73mg (4.84%), Vitamin C: 3.89mg (4.72%), Vitamin A: 213.46IU (4.27%), Fiber: 0.9g (3.59%), Vitamin D: 0.15µg (1.01%)