



“San Francisco” Bacon Guacamole Cheeseburger

READY IN



20 min.

SERVINGS



4

CALORIES



1026 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slice bacon
- ☐ 4 servings fontina thinly sliced to taste
- ☐ 1.5 pound ground beef
- ☐ 0.5 cup guacamole
- ☐ 1 cup baby oak leaf lettuce leaves red loosely packed
- ☐ 4 servings salt and pepper to taste
- ☐ 8 slice sourdough bread

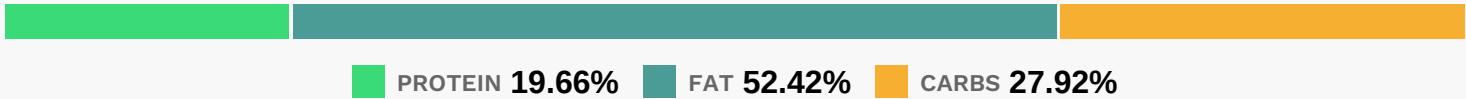
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ Preheat your outdoor grill.
- ☐ Add the bacon slices to a cold cast iron skillet. Turn the heat to medium and cook them until crispy. About 5–7 minutes.
- ☐ Transfer to paper towel lined plate. Set aside.Divide the ground beef into 4 equal parts.
- ☐ Roll each part into a ball and then gently press into patties shaped to match the sourdough bread slices.
- ☐ Sprinkle each patty with salt and pepper.Cook burgers over medium heat. About 2 to 3 minutes per side for medium–rare. At the last minute, place cheese slices on top and continue cooking until cheese melts slightly. Move the burgers to a plate to rest. Lightly grill the sourdough slices on both sides. Just enough to get toasty grill marks.To assemble the burgers, place 4 pieces of toasted sourdough slices in front of you. Divide the oak leaf lettuce pieces evenly in a even layer on each slice. Top this with a dollop of guacamole, one or two heirloom tomato slices, the burger, three or four rings of red onion and two bacon slices. Top with the remaining sourdough bread.
- ☐ Cut the burgers in half and serve warm.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:51.44, Inflammation Score:-10, Nutrition Score:43.780869463216%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg,

Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin:
0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg,
Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 1026.45kcal (51.32%), Fat: 59.57g (91.65%), Saturated Fat: 20.45g (127.8%), Carbohydrates: 71.37g
(23.79%), Net Carbohydrates: 65.7g (23.89%), Sugar: 6.6g (7.33%), Cholesterol: 150.97mg (50.32%), Sodium:
1396.34mg (60.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.27g (100.54%), Selenium: 71.59µg
(102.27%), Vitamin A: 4450.87IU (89.02%), Vitamin K: 85.07µg (81.02%), Vitamin B3: 15.9mg (79.48%), Vitamin B1:
1.17mg (77.73%), Vitamin B12: 3.88µg (64.61%), Zinc: 9.3mg (62.02%), Vitamin B2: 0.92mg (54.35%), Folate: 217.2µg
(54.3%), Iron: 9.17mg (50.94%), Phosphorus: 503.38mg (50.34%), Vitamin B6: 0.94mg (46.89%), Manganese:
0.89mg (44.27%), Potassium: 963.13mg (27.52%), Magnesium: 92.05mg (23.01%), Fiber: 5.68g (22.71%), Vitamin B5:
2.04mg (20.43%), Copper: 0.39mg (19.69%), Calcium: 130.04mg (13%), Vitamin E: 1.94mg (12.9%), Vitamin C:
8.57mg (10.38%), Vitamin D: 0.35µg (2.35%)