



Sizzlin' BBQ Bacon Cheeseburgers

READY IN



27 min.

SERVINGS



27

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.5 cup chargrilled burger barbecue sauce divided kraft
- 0.5 cup bread crumbs fresh
- 8 hamburger buns
- 2 lb ground beef lean
- 8 lettuce leaves
- 1 cup cheddar cheese shredded kraft
- 2 tomatoes cut into 4 slices

Equipment

grill

Directions

- Heat grill to medium-high heat.
- Mix first 4 ingredients; shape into 8 (1/2-inch-thick) patties.
- Grill 4 to 6 min. on each side or until done (160F), turning and brushing occasionally with 1/4 cup barbecue sauce for the last few minutes.
- Spread buns with remaining barbecue sauce; fill with lettuce, tomatoes and burgers.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:3.94, Inflammation Score:-5, Nutrition Score:7.0721739245498%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 145.55kcal (7.28%), Fat: 6.35g (9.76%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.19g (3.71%), Sugar: 3.13g (3.48%), Cholesterol: 29.32mg (9.77%), Sodium: 227.28mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Selenium: 12.42µg (17.75%), Vitamin B3: 2.89mg (14.45%), Vitamin B12: 0.86µg (14.37%), Zinc: 2.1mg (14.01%), Vitamin A: 658.74IU (13.17%), Phosphorus: 116.56mg (11.66%), Vitamin B6: 0.18mg (9.04%), Vitamin B1: 0.13mg (8.88%), Iron: 1.49mg (8.27%), Vitamin B2: 0.14mg (7.97%), Manganese: 0.13mg (6.59%), Calcium: 60.16mg (6.02%), Potassium: 199.52mg (5.7%), Folate: 20.85µg (5.21%), Magnesium: 15.71mg (3.93%), Vitamin C: 2.73mg (3.3%), Vitamin B5: 0.3mg (2.97%), Copper: 0.06mg (2.91%), Fiber: 0.55g (2.19%), Vitamin E: 0.3mg (2.02%), Vitamin K: 1.76µg (1.68%)