



Smoked Gouda and Bacon Burgers with Barbecue Sauce

READY IN



40 min.

SERVINGS



40

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup barbecue sauce sweet
- 0.3 cup beef broth
- 0.3 cup hot sauce
- 1 cup gouda cheese smoked shredded
- 2 pounds ground beef (20 percent fat)
- 1 onion halved thinly sliced
- 40 servings salt
- 8 slices bacon thick-cut ()

- 6 tablespoons butter unsalted softened
- 2 tablespoons vegetable oil
- 4 inch sandwich bread white

Equipment

- frying pan
- paper towels

Directions

- In a large skillet, heat the oil.
- Add the sliced onion and a pinch of salt, cover and cook, stirring a few times, until the onion is crisp-tender and just turning translucent, 5 minutes. Stir in the hot sauce and beef broth and remove from the heat. Season with salt.
- Heat a large griddle.
- Spread the butter on 1 side of each bread slice and griddle buttered side down over moderate heat until toasted, about 2 minutes.
- Transfer the toasts to a plate.
- Add the bacon to the griddle and cook over moderate heat until crisp, about 4 minutes per side; drain on paper towels. Wipe off the griddle.
- Season the beef patties with salt and cook on the griddle over moderately high heat until medium-rare, about 2 minutes per side. Top each burger with 1/4 cup of smoked Gouda and cook until the cheese melts, 1 minute.
- Set the burgers on the unbuttered sides of 4 toasts. Top with the bacon, onion and Sweet Barbecue Sauce. Close the burgers and serve, passing more barbecue sauce at the table.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.3926087034785%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 134.89kcal (6.74%), Fat: 11.43g (17.58%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.88g (0.97%), Cholesterol: 32.11mg (10.7%), Sodium: 370.28mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Vitamin B12: 0.62µg (10.28%), Zinc: 1.28mg (8.52%), Selenium: 5.83µg (8.34%), Phosphorus: 80.8mg (8.08%), Vitamin B3: 1.29mg (6.47%), Vitamin B6: 0.1mg (5.23%), Calcium: 48.44mg (4.84%), Vitamin B2: 0.06mg (3.75%), Iron: 0.52mg (2.9%), Potassium: 94.62mg (2.7%), Vitamin B1: 0.04mg (2.34%), Vitamin K: 2.02µg (1.93%), Vitamin A: 94.93IU (1.9%), Vitamin B5: 0.19mg (1.86%), Magnesium: 7.16mg (1.79%), Vitamin E: 0.26mg (1.73%), Vitamin C: 1.34mg (1.62%), Copper: 0.02mg (1.13%)