



Smoky Barbecue Burgers

READY IN



27 min.

SERVINGS



8

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 3 tablespoons hickory-smoked barbecue sauce
- ☐ 3 ounces cheddar smoked grated
- ☐ 4 cloves garlic minced
- ☐ 3 pounds ground beef
- ☐ 8 hamburger buns
- ☐ 0.5 small onion finely chopped
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons paprika smoked

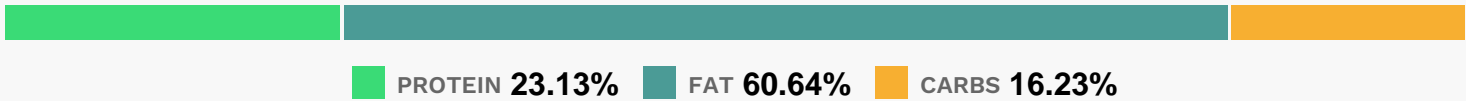
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ In a skillet, cook bacon over medium heat until crispy.
- ☐ Drain on paper towels. When cool enough to handle, crumble bacon.
- ☐ Drain all but 1 Tbsp. fat from skillet and saut onion until tender, about 3 minutes.
- ☐ Add garlic and saut 1 minute longer.
- ☐ Transfer to a plate and let cool completely.
- ☐ In a large bowl, combine ground chuck, paprika, barbecue sauce and reserved bacon and onion. Season liberally with salt and pepper. Gently but thoroughly mix with fingers. Divide into 16 pieces. Form each piece into a 3-inch patty.
- ☐ Sprinkle cheese over 8 patties, cover each with one of remaining patties and press to seal.
- ☐ Preheat gas grill to medium (or light a charcoal fire and let burn to a gray ash).
- ☐ Brush grill with oil. Grill hamburgers until desired doneness, 4 to 6 minutes per side for medium-rare.
- ☐ Remove patties and let stand for 2 to 3 minutes before serving on buns.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:13.23, Inflammation Score:-7, Nutrition Score:22.783913068149%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 661.47kcal (33.07%), Fat: 43.96g (67.63%), Saturated Fat: 16.96g (106.01%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 24.92g (9.06%), Sugar: 5.73g (6.36%), Cholesterol: 138.66mg (46.22%), Sodium: 731.74mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.72g (75.43%), Vitamin B12: 3.89µg (64.9%), Selenium: 42.86µg (61.23%), Zinc: 8.06mg (53.71%), Vitamin B3: 9.67mg (48.33%), Phosphorus: 387.08mg (38.71%), Vitamin B6: 0.68mg (33.97%), Iron: 5.29mg (29.36%), Vitamin B2: 0.46mg (27.25%), Vitamin B1: 0.35mg (23.49%), Vitamin A: 987.89IU (19.76%), Calcium: 178.26mg (17.83%), Potassium: 609.26mg (17.41%), Manganese: 0.32mg (16.22%), Folate: 56.42µg (14.11%), Magnesium: 47.78mg (11.95%), Vitamin B5: 1.03mg (10.28%), Vitamin E: 1.5mg (10.03%), Copper: 0.18mg (9.12%), Vitamin K: 6.95µg (6.62%), Fiber: 1.55g (6.2%), Vitamin D: 0.28µg (1.85%), Vitamin C: 1.41mg (1.7%)