



# Steakhouse Cheddar Burger with Warm Bacon BBQ Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb ground beef
- 0.3 cup steak sauce
- 1 serving pepper fresh black
- 4 slices cheddar cheese thick
- 4 slices bacon thick chopped
- 0.5 large onion chopped
- 1 teaspoon brown sugar packed

- 1 serving pepper fresh black to taste
- 0.5 cup catsup

## Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

## Directions

- Heat gas or charcoal grill. In large bowl, mix beef, steak sauce, salt and pepper. Shape into 4 patties; set aside.
- In 8-inch skillet, cook bacon until browned.
- Add onion, brown sugar, salt and pepper; cook about 3 minutes or until onion is cooked. Stir in ketchup; cook 1 to 2 minutes.
- Remove from heat.
- Transfer sauce to bowl; cover and set aside.
- Place patties on grill over medium heat. Cook about 5 minutes on each side or until meat thermometer inserted in center of patties reads 160°F. Top with cheese; cook 1 minute longer.
- Place patties on bottom halves of buns. Top with warm bacon-onion BBQ sauce; cover with top halves of buns.

## Nutrition Facts

 **PROTEIN 21.41%**  **FAT 66.72%**  **CARBS 11.87%**

## Properties

Glycemic Index:29.5, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:15.030000137246%

## Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 504.87kcal (25.24%), Fat: 37.28g (57.35%), Saturated Fat: 14.9g (93.14%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.28g (5.19%), Sugar: 9.66g (10.73%), Cholesterol: 112.03mg (37.34%), Sodium: 849.31mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.83%), Vitamin B12: 2.72µg (45.28%), Zinc: 5.76mg (38.38%), Selenium: 26.68µg (38.11%), Vitamin B3: 6.27mg (31.37%), Phosphorus: 306.93mg (30.69%), Vitamin B6: 0.52mg (26.12%), Vitamin B2: 0.32mg (19.03%), Calcium: 154.37mg (15.44%), Potassium: 522.51mg (14.93%), Iron: 2.68mg (14.87%), Vitamin B1: 0.13mg (8.76%), Magnesium: 34.97mg (8.74%), Vitamin E: 1.3mg (8.67%), Vitamin B5: 0.8mg (8.01%), Vitamin A: 376.54IU (7.53%), Copper: 0.15mg (7.29%), Manganese: 0.1mg (5.1%), Folate: 18.97µg (4.74%), Vitamin C: 3.62mg (4.39%), Vitamin K: 3.83µg (3.65%), Fiber: 0.64g (2.57%), Vitamin D: 0.3µg (2.02%)