



Stuffed Burgers with Bacon, Double Cheese & Onion

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon
- 0.5 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 1 lb ground beef
- 4 hamburger buns
- 4 singles kraft
- 1 onion

Equipment

- frying pan
- paper towels
- grill

Directions

- Heat grill to medium heat.
- Cook bacon in small skillet until crisp. Meanwhile, cut 4 thin slices from center of onion; finely chop remaining onion.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add chopped onions to reserved drippings; cook on medium heat 5 to 6 min. or until golden brown, stirring frequently.
- Remove from heat.
- Crumble bacon; mix with cooked onions and cheese. Shape meat into 8 thin patties. Top 4 patties with bacon mixture; cover with remaining patties. Pinch edges together to seal.
- Grill 6 to 7 min. on each side or until done (160F); top with Singles. Fill buns with burgers and sliced onions.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:1.7882608758367%

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: 56.99kcal (2.85%), Fat: 3.79g (5.84%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.44g (0.49%), Cholesterol: 10.93mg (3.64%), Sodium: 54.05mg (2.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Selenium: 3.73µg (5.32%), Vitamin B12: 0.28µg (4.62%), Zinc: 0.59mg (3.94%), Vitamin B3: 0.75mg (3.76%), Phosphorus: 33.62mg (3.36%), Vitamin B6: 0.05mg

(2.47%), Vitamin B1: 0.04mg (2.4%), Vitamin B2: 0.04mg (2.27%), Iron: 0.38mg (2.14%), Calcium: 19.67mg (1.97%), Manganese: 0.03mg (1.44%), Folate: 5.65µg (1.41%), Potassium: 45.56mg (1.3%)