



Sweet Onion BBQ Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 1 teaspoon brown sugar
- 2 tablespoons butter
- 4 slices cheddar cheese smoked
- 0.5 cup breadcrumbs dry
- 1 eggs lightly beaten
- 1 pound ground beef
- 4 hawaiian rolls split
- 0.3 cup honey

- 0.5 cup mayonnaise
- 2 teaspoons onion salt
- 2 large onion sweet thinly sliced

Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

Directions

- In a large bowl, combine the bread crumbs, onion salt and brown sugar.
- Add egg. Crumble beef over mixture and mix well. Shape into four patties.
- Place in a shallow dish; pour barbecue sauce over patties. Cover and refrigerate for 2-4 hours.
- In a small bowl, combine the sauce ingredients; cover and refrigerate until serving. For topping, melt butter in a small skillet. Stir in honey until blended.
- Add onions; saute for 15-20 minutes or until tender and lightly browned.
- Remove from the heat and keep warm.
- Drain and discard barbecue sauce. Grill patties, uncovered, over medium heat or broil 4 in from the heat for 5-7 minutes on each side or until a thermometer reads 160° and juices run clear. Top each with a cheese slice; cook 1 minute longer or until cheese is melted.
- Serve on buns with sauce and onion topping.

Nutrition Facts



PROTEIN 13.52% **FAT 54.58%** **CARBS 31.9%**

Properties

Glycemic Index:60.32, Glycemic Load:22.17, Inflammation Score:-8, Nutrition Score:26.565652152766%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 969.67kcal (48.48%), Fat: 58.88g (90.59%), Saturated Fat: 19.72g (123.27%), Carbohydrates: 77.44g (25.81%), Net Carbohydrates: 74.2g (26.98%), Sugar: 42.77g (47.52%), Cholesterol: 165.24mg (55.08%), Sodium: 2282.16mg (99.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.66%), Selenium: 42.49µg (60.69%), Vitamin K: 52.71µg (50.2%), Vitamin B12: 2.88µg (48.06%), Zinc: 6.39mg (42.6%), Phosphorus: 404.8mg (40.48%), Vitamin B3: 7.97mg (39.83%), Vitamin B6: 0.69mg (34.5%), Vitamin B1: 0.5mg (33.42%), Vitamin B2: 0.54mg (32%), Iron: 5.37mg (29.84%), Manganese: 0.57mg (28.57%), Calcium: 285.03mg (28.5%), Folate: 112.37µg (28.09%), Potassium: 713.12mg (20.37%), Magnesium: 61.39mg (15.35%), Vitamin E: 2.23mg (14.9%), Copper: 0.3mg (14.84%), Fiber: 3.24g (12.94%), Vitamin B5: 1.17mg (11.75%), Vitamin C: 8.82mg (10.7%), Vitamin A: 505.04IU (10.1%), Vitamin D: 0.49µg (3.28%)