



Tennessee Burger with Bourbon and BBQ Sauce

 Dairy Free

READY IN



44 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon
- 1 tablespoon balsamic vinegar
- 5 tablespoons bourbon divided
- 1 tablespoon dijon mustard
- 0.3 teaspoon garlic powder
- 1.5 pounds ground sirloin 90% lean
- 9 ounce bread hamburger buns french

- 2 teaspoons honey
- 0.5 teaspoon kosher salt divided
- 0.5 cup lower-sodium ketchup
- 1 teaspoon olive oil extra-virgin
- 0.3 teaspoon onion powder
- 2 teaspoons pepper sauce hot
- 3 cups onion red vertically sliced
- 0.3 teaspoon paprika smoked
- 1.5 inch tomatoes
- 2 teaspoons worcestershire sauce

Equipment

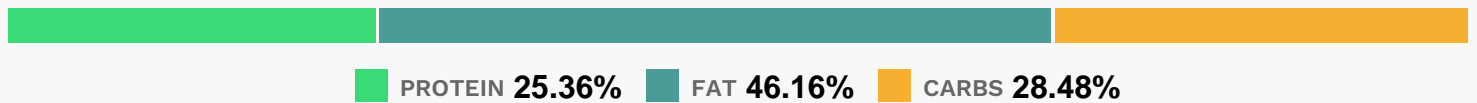
- frying pan
- sauce pan
- grill

Directions

- Cook bacon in a large skillet over medium heat until crisp.
- Remove bacon from pan.
- Add oil and onion to drippings in pan; cook 15 minutes or until onion is browned and very tender, stirring occasionally.
- Add 3 tablespoons bourbon, vinegar, and 1/4 teaspoon salt. Cook 2 minutes or until liquid almost evaporates, stirring constantly.
- Remove mixture from pan. Cool 5 minutes.
- Combine remaining 2 tablespoons bourbon, ketchup, and next 7 ingredients (through onion powder) in a small saucepan. Bring to a boil, stirring frequently. Reduce heat; simmer 5 minutes or until sauce thickens.
- Remove from heat.
- Preheat grill to medium-high heat.

- Coarsely chop 3/4 cup onion mixture; stir into beef. Divide beef mixture into 6 equal portions, gently shaping each portion into a 1/2-inch-thick patty. Press a nickel-sized indentation in center of each patty.
- Sprinkle evenly with remaining 1/4 teaspoon salt.
- Place patties on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- Spread each top and bottom bun half with 1 tablespoon sauce.
- Place patties on bottom halves; top each patty with 1 tomato slice. Divide remaining onion mixture evenly among servings. Top each serving with 1/2 bacon slice and top half of bun.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:15.64, Inflammation Score:-6, Nutrition Score:18.953478248223%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 500.9kcal (25.04%), Fat: 23.95g (36.85%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 30.8g (11.2%), Sugar: 9.19g (10.22%), Cholesterol: 84.37mg (28.12%), Sodium: 1409.53mg (61.28%), Alcohol: 4.18g (100%), Alcohol %: 1.8% (100%), Protein: 29.61g (59.21%), Selenium: 33.13µg (47.32%), Vitamin B12: 2.6µg (43.35%), Vitamin B3: 7.88mg (39.38%), Zinc: 5.87mg (39.13%), Phosphorus: 317.52mg (31.75%), Vitamin B6: 0.59mg (29.39%), Iron: 4.55mg (25.28%), Vitamin B1: 0.36mg (24.2%), Manganese: 0.46mg (23.23%), Vitamin B2: 0.39mg (22.84%), Potassium: 631.67mg (18.05%), Folate: 72.04µg (18.01%), Magnesium: 56.48mg (14.12%), Calcium: 109.05mg (10.91%), Fiber: 2.45g (9.8%), Vitamin C: 7.86mg (9.53%), Copper: 0.18mg (9.06%), Vitamin B5: 0.86mg (8.65%), Vitamin E: 0.82mg (5.48%), Vitamin K: 4.45µg (4.24%), Vitamin A: 57.94IU (1.16%), Vitamin D: 0.16µg (1.05%)