



The BA Burger Deluxe

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 8 servings burger toppings
- ☐ 3 pounds ground beef chuck 20% (fat)
- ☐ 8 servings kosher salt freshly ground
- ☐ 8 potato rolls split

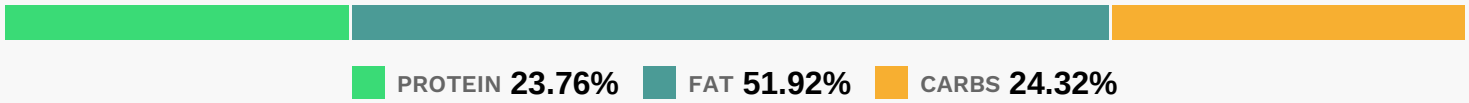
Equipment

- ☐ grill

Directions

- ☐ Form beef into eight 4"-diameter, 3/4"-thick patties (don't pack too tightly). Using your thumb, make a small indentation in centers to help keep patties flat as they cook.
- ☐ Prepare grill for medium-high heat. Season patties with salt and pepper and grill until lightly charred on bottom, about 4 minutes. (Resist the temptation to press down on patties.) Flip and top with cheese, if using. Grill patties to desired doneness, about 4 minutes longer for medium.
- ☐ Serve patties on rolls with desired toppings.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:13.1, Inflammation Score:-4, Nutrition Score:25.665652469448%

Nutrients (% of daily need)

Calories: 760.03kcal (38%), Fat: 43.86g (67.48%), Saturated Fat: 17.21g (107.54%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 44.43g (16.16%), Sugar: 8.59g (9.54%), Cholesterol: 141.77mg (47.26%), Sodium: 856.99mg (37.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.17g (90.35%), Vitamin B12: 4.04µg (67.35%), Vitamin B3: 11.97mg (59.86%), Selenium: 41.46µg (59.22%), Zinc: 7.95mg (52.99%), Calcium: 462.42mg (46.24%), Phosphorus: 446.95mg (44.7%), Vitamin B1: 0.61mg (40.8%), Iron: 6.72mg (37.33%), Vitamin B2: 0.6mg (35.2%), Folate: 133.52µg (33.38%), Vitamin B6: 0.59mg (29.41%), Potassium: 540.77mg (15.45%), Manganese: 0.28mg (13.81%), Magnesium: 44.44mg (11.11%), Vitamin B5: 0.94mg (9.4%), Copper: 0.16mg (8.08%), Fiber: 1.81g (7.23%), Vitamin E: 0.98mg (6.55%), Vitamin K: 5.84µg (5.56%), Vitamin A: 199.43IU (3.99%), Vitamin D: 0.3µg (1.97%)