



The Bacon Cheeseburger

 Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices processed cheese food
- 12 oz bacon thin
- 1 recipe basic burger
- 5 servings spicy ketchup
- 5 servings asian mayo
- 5 servings pesto mayo
- 16 slices pickle drained
- 5 servings ranch olé

- 5 servings the baconator
- 5 servings the baconator

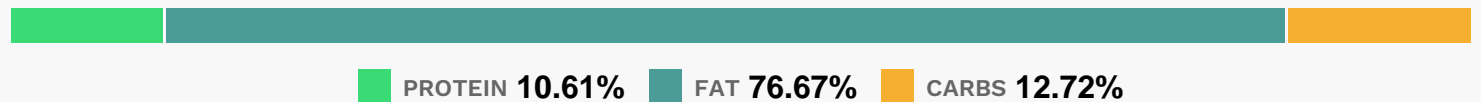
Equipment

- frying pan
- paper towels
- grill

Directions

- Prepare burgers as recipe directs and keep patties refrigerated until ready to cook.
- Cook bacon in a large skillet over medium-high heat until crisp, 10 to 12 minutes, working in batches if necessary.
- Drain on paper towels.
- Grill or broil burgers as recipe directs. Top with cheese during last minute of cooking time.
- Transfer each burger to a bun, top with bacon and pickles and serve immediately with assorted toppings, if desired.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:24.18782593893%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 690.44kcal (34.52%), Fat: 59.5g (91.54%), Saturated Fat: 18.6g (116.27%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 17.06g (6.2%), Sugar: 12.38g (13.76%), Cholesterol: 89.67mg (29.89%), Sodium: 5519.19mg (239.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.06%), Vitamin K: 138.3µg (131.72%), Calcium: 646.04mg (64.6%), Phosphorus: 462.78mg (46.28%), Selenium: 24.14µg (34.49%), Vitamin B1: 0.48mg (31.97%), Vitamin B2: 0.49mg (29.09%), Vitamin A: 1344.01IU (26.88%), Potassium: 808.03mg (23.09%), Fiber: 5.16g (20.64%), Vitamin B6: 0.41mg (20.33%), Vitamin B3: 3.89mg (19.46%), Manganese: 0.33mg (16.5%), Zinc: 2.34mg (15.58%), Vitamin E: 2.33mg (15.51%), Vitamin B12: 0.92µg (15.37%), Magnesium: 57.13mg (14.28%), Vitamin C:

11.14mg (13.51%), Folate: 53.4µg (13.35%), Iron: 2.09mg (11.59%), Vitamin B5: 1.02mg (10.21%), Copper: 0.2mg (10.12%), Vitamin D: 0.52µg (3.47%)