



## The Buffalo Wing-Blue Cheese Burger

 Vegetarian

READY IN



15 min.

SERVINGS



5

CALORIES



560 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 ounces cheese blue crumbled
- 1 cup cheese dressing blue thick
- 1 recipe basic burger
- 0.5 cup sauce such as frank's red hot
- 1 teaspoon honey
- 5 servings spicy ketchup
- 5 servings asian mayo
- 5 servings pesto mayo

- 0.3 cup mayonnaise
- 5 servings ranch olé
- 0.5 teaspoon red wine vinegar
- 0.3 cup cup heavy whipping cream sour
- 3 tablespoons butter unsalted cooled melted
- 5 servings the baconator
- 5 servings the baconator

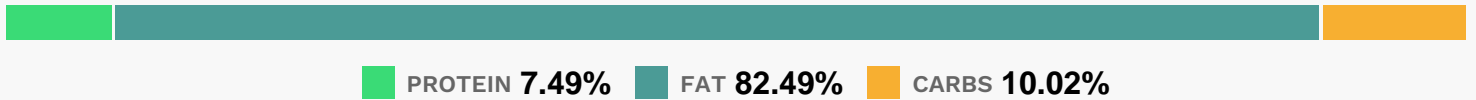
## Equipment

- bowl
- grill

## Directions

- Prepare burgers as recipe directs, and keep patties refrigerated until ready to cook.
- In a small bowl, combine cheese, mayonnaise, sour cream and vinegar until blended. In a separate small bowl, stir together hot sauce, butter and honey until blended.
- Grill or broil burgers as recipe directs. Toast buns.
- Spread 1/2 Tbsp. blue cheese mixture on bottom of buns and top each with a burger. Spoon hot sauce mixture on top, drizzle with dressing, top with remaining bun half and serve immediately with assorted toppings, if desired.

## Nutrition Facts



## Properties

Glycemic Index:58.25, Glycemic Load:3.42, Inflammation Score:-4, Nutrition Score:10.919130421203%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 560.02kcal (28%), Fat: 51.56g (79.33%), Saturated Fat: 16.89g (105.55%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 13.89g (5.05%), Sugar: 8.43g (9.37%), Cholesterol: 64.03mg (21.34%), Sodium: 2121.02mg (92.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Vitamin K: 82.53µg (78.6%), Phosphorus: 234.44mg (23.44%), Calcium: 231.91mg (23.19%), Vitamin B2: 0.26mg (15.35%), Vitamin E: 2.09mg (13.95%), Selenium: 9.44µg (13.48%), Vitamin A: 602.68IU (12.05%), Vitamin B12: 0.59µg (9.88%), Vitamin B5: 0.82mg (8.25%), Zinc: 1.1mg (7.33%), Folate: 24.43µg (6.11%), Vitamin B6: 0.1mg (5.11%), Vitamin B1: 0.08mg (5.06%), Potassium: 168.77mg (4.82%), Iron: 0.84mg (4.65%), Vitamin B3: 0.92mg (4.6%), Magnesium: 16.97mg (4.24%), Manganese: 0.08mg (4.11%), Copper: 0.05mg (2.62%), Vitamin D: 0.34µg (2.29%), Vitamin C: 0.99mg (1.2%)