



 **76%**
HEALTH SCORE

The Pacemaker' Venison Burger

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



1739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons barbecue sauce
- 0.3 pound bulk pork sausage
- 1 tablespoon butter
- 4 slices cheddar cheese thick
- 8 ounce cremini mushrooms sliced
- 4 eggs
- 4 servings salt and ground pepper black to taste
- 2.7 pounds ground venison

- 2 haas avocados pitted sliced
- 1 head iceberg lettuce shredded
- 4 teaspoons catsup to taste
- 1 pound maple-cured bacon
- 4 teaspoons mayonnaise to taste
- 4 teaspoons mustard to taste
- 1 tablespoon olive oil
- 12 ounce breaded onion rings frozen
- 2 large onions sliced
- 4 large kaiser rolls split toasted
- 1 large tomatoes sliced

Equipment

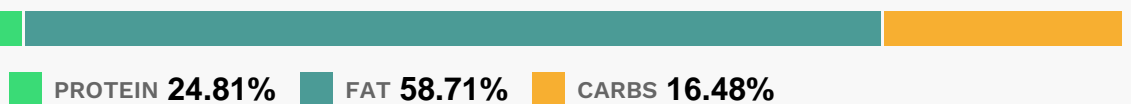
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- grill
- kitchen thermometer

Directions

- In a bowl, thoroughly mix together the ground venison, pork sausage, 2 tablespoons barbecue sauce, salt, and black pepper. Divide the mixture into fourths, and form each fourth into a large patty. Refrigerate until time to grill.
- If using onion rings, preheat oven to 425 degrees F (220 degrees C).
- Spread frozen rings in a single layer on a baking sheet, and bake until hot and golden brown, about 15 minutes. Set the onion rings aside.
- In a large skillet, heat butter and olive oil; cook the onions until they begin to brown, stirring occasionally, about 10 minutes; sprinkle with salt and pepper.

- Mix in the sliced mushrooms, and cook, stirring occasionally, until browned, 10 to 15 more minutes. Set the onions and mushrooms aside.
- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate.
- Heat 1 tablespoon of butter in a clean nonstick skillet over medium heat until the foam disappears. Crack the eggs into a bowl, and gently pour them into the butter. Pan-fry the eggs until the whites are opaque and the eggs slide around the pan easily, about 1 minute; carefully flip each egg over in the skillet, avoiding breaking the yolk, and pan-fry for about 1 more minute. The whites should be firm but the yolks should be runny.
- Transfer the eggs to a plate.
- Preheat an outdoor grill for high heat, and lightly oil the grate. Grill the venison burgers until they show grill marks and are cooked to your desired degree of doneness, 5 to 8 minutes per side for well-done. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). While still on the grill, gently top each burger with a fried egg and a slice of cheese. Lower the grill lid, and cook until the cheese has melted, about 1 minute.
- To assemble, place the bottom half of a Kaiser roll onto a plate; spread with a layer of shredded lettuce, followed by tomato slices, the venison burger, a layer of mushrooms and onions, bacon slices, onion rings, avocado slices, ketchup, mustard, and mayonnaise.
- Place the roll top onto the sandwich. Good luck.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:28.38, Inflammation Score:-9, Nutrition Score:65.62260864092%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Quercetin: 34.71mg, Quercetin: 34.71mg, Quercetin: 34.71mg, Quercetin: 34.71mg

Nutrients (% of daily need)

Calories: 1739.04kcal (86.95%), Fat: 113.59g (174.76%), Saturated Fat: 38.23g (238.93%), Carbohydrates: 71.73g (23.91%), Net Carbohydrates: 58.37g (21.23%), Sugar: 20.89g (23.21%), Cholesterol: 533.86mg (177.95%), Sodium: 1955.13mg (85.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 107.99g (215.99%), Vitamin B1: 2.37mg (158.21%), Vitamin B3: 28.3mg (141.48%), Iron: 23.14mg (128.58%), Selenium: 89.41µg (127.73%), Vitamin B6: 2.53mg (126.56%), Phosphorus: 1201.99mg (120.2%), Vitamin B12: 7.18µg (119.71%), Zinc: 17.93mg (119.56%), Vitamin B2: 1.79mg (105.56%), Potassium: 2707.78mg (77.37%), Vitamin K: 71.55µg (68.15%), Vitamin B5: 6.36mg (63.64%), Copper: 1.15mg (57.35%), Fiber: 13.36g (53.43%), Folate: 209.91µg (52.48%), Magnesium: 161.43mg (40.36%), Vitamin E: 5.99mg (39.96%), Vitamin C: 32.44mg (39.32%), Manganese: 0.77mg (38.53%), Vitamin A: 1823.05IU (36.46%), Calcium: 289.86mg (28.99%), Vitamin D: 1.99µg (13.28%)