



The Ultimate BLT Burgers with Honey Molasses-Glazed Bacon, Grilled Lettuce, and Smoky Tomato Mayo

READY IN



45 min.

SERVINGS



6

CALORIES



1347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 slices applewood bacon smoked thick cut divided
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 ounces comté shredded (can substitute Gruyere)
- ☐ 0.5 tablespoon dijon mustard
- ☐ 0.3 teaspoon tarragon leaves fresh finely chopped
- ☐ 1 clove garlic
- ☐ 1 pinch ground cayenne

- ☐ 2 pounds ground beef
- ☐ 2.5 tablespoons honey
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup mayonnaise
- ☐ 2 teaspoons blackstrap molasses
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 leaves radicchio thinly
- ☐ 0.5 tablespoon sherry vinegar
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.5 teaspoon paprika smoked
- ☐ 6 classic bakery buns split white
- ☐ 1 large tomatoes ripe
- ☐ 6 servings vegetable oil for grill pan

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan
- ☐ cutting board

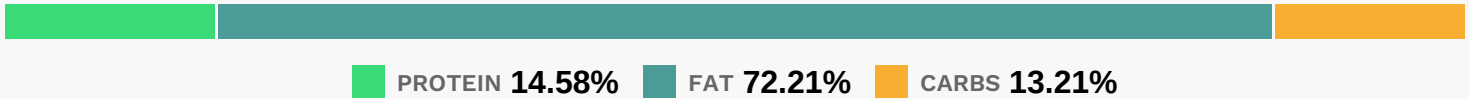
Directions

- ☐ Preheat a nonstick grill pan over medium-high heat.
- ☐ Roughly chop 6 of the bacon slices, and add to the grill pan. Cook, stirring occasionally, until the bacon just barely begins to turn crispy, about for 3 to 4 minutes.
- ☐ Add the cooked bacon to a food processor and process for 4 to 5 seconds. Set aside for later use, (in the patties).
- ☐ In a small mixing bowl combine the honey, molasses, vinegar, and cayenne and mix until well combined.
- ☐ Brush the remaining 12 bacon slices on both sides with the honey mixture.
- ☐ Heat a large fireproof nonstick skillet on the grill.
- ☐ Add 1/2 the bacon and cook over medium-high heat until crispy, about 5 minutes, flipping once.
- ☐ Drain on paper towels. Repeat with remaining bacon.
- ☐ To make Grilled
- ☐ Lettuce: Soak the radicchio leaves, for about 10 minutes, in an ice bath to lessen the amount of bitterness.
- ☐ Remove the leaves from the ice bath and pat dry with paper towels.
- ☐ Brush the leaves with 1 tablespoon oil. Put on the grill and cook briefly on each side.
- ☐ Transfer to a cutting board and cut into 1-inch wide strips. In a large mixing bowl, whisk together the remaining 1 tablespoon of oil, the sherry vinegar, and Dijon mustard.
- ☐ Add the radicchio and toss to coat.
- ☐ Put the tomato on the grill and cook for 6 to 8 minutes, turning occasionally, until most of the skin has blackened.
- ☐ Transfer to a small bowl and cover with plastic wrap. After 10 minutes, squeeze the tomato into a strainer to remove the seeds and most of the skin (you can leave a little bit of the burnt skin). Discard the seeds and skin. In the bowl of a food processor, combine the tomato, smoked paprika, garlic, and mayonnaise and puree. Season, to taste, with salt and pepper.
- ☐ Combine the beef, reserved bacon (that has been chopped in the food processor), tarragon, salt, and pepper in a large bowl.
- ☐ Mix well, handling the meat as little as possible to avoid compacting. Divide the mixture into 6 equal portions and form into patties to fit the size of the buns.
- ☐ Brush the grill pan with vegetable oil. Arrange the patties in the pan and cook, turning once, just until done, about 4 minutes on each side for medium-rare. During the last few minutes of

cooking, top with equal amounts of cheese and put the buns, cut side down, on the outer edges of the grill to toast lightly.

- ☐
- To assemble the burgers, spread a generous amount of the Smoky Tomato Mayo on the cut side of the buns. Top the bun bottoms with 2 slices of Honey Molasses–Glazed Bacon, a cheese–topped patty, and equal amounts of Grilled
- ☐
- Lettuce. Cover with the bun tops and serve.

Nutrition Facts



Properties

Glycemic Index:83.38, Glycemic Load:27.98, Inflammation Score:-5, Nutrition Score:29.424347877502%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 1347.16kcal (67.36%), Fat: 107.55g (165.46%), Saturated Fat: 31.81g (198.82%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 42.64g (15.5%), Sugar: 14.36g (15.96%), Cholesterol: 193.85mg (64.62%), Sodium: 2003.35mg (87.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.85g (97.7%), Iron: 14.35mg (79.71%), Vitamin K: 82.18µg (78.27%), Vitamin B12: 4.05µg (67.55%), Selenium: 41.71µg (59.59%), Zinc: 8.36mg (55.72%), Phosphorus: 523.35mg (52.34%), Vitamin B3: 9.33mg (46.64%), Vitamin B6: 0.75mg (37.25%), Calcium: 338.32mg (33.83%), Vitamin E: 3.96mg (26.38%), Vitamin B2: 0.38mg (22.11%), Potassium: 693.76mg (19.82%), Vitamin B1: 0.28mg (18.91%), Vitamin B5: 1.4mg (13.99%), Magnesium: 55.07mg (13.77%), Vitamin A: 658.46IU (13.17%), Copper: 0.18mg (8.8%), Manganese: 0.15mg (7.6%), Fiber: 1.62g (6.49%), Vitamin C: 4.48mg (5.44%), Folate: 20.4µg (5.1%), Vitamin D: 0.64µg (4.28%)