



## Triple B Burgers

READY IN



40 min.

SERVINGS



6

CALORIES



1194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 slices smokehouse bacon thick-cut crispy cooked
- 2.5 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black
- 0.8 cup bourbon
- 0.5 cup brown sugar packed
- 0.1 teaspoon cayenne pepper
- 6 slices cheddar cheese smoked thick
- 0.3 cup confectioners' sugar
- 0.3 cup cornstarch

- 1 teaspoon dijon mustard
- 1 teaspoon garlic minced
- 6 servings pepper and garlic salt
- 0.5 cup granulated sugar
- 2 pounds usda choice angus ground chuck
- 2 tablespoons maple syrup pure
- 1 teaspoon onion minced
- 0.1 teaspoon salt
- 6 servings salt
- 0.3 cup sesame oil
- 2 tablespoons soya sauce
- 6 bakery buns fresh toasted
- 1.5 teaspoons all the tabasco sauce you handle
- 2 tablespoons worcestershire sauce

## Equipment

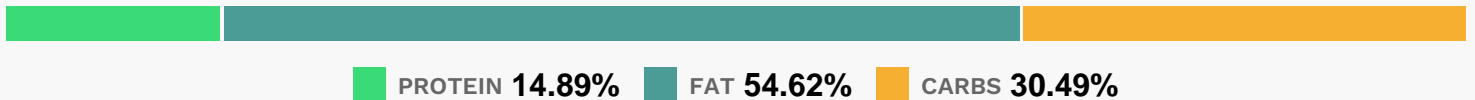
- bowl
- frying pan
- whisk
- grill

## Directions

- Make the sauce: In a bowl, mix the cornstarch, confectioners' sugar, cayenne pepper, salt and black pepper. In a large saute pan over low heat, combine the bourbon, 1 cup water, the soy sauce, Worcestershire sauce, maple syrup, sesame oil, vinegar, mustard, garlic, onion, Tabasco, brown sugar and granulated sugar. Bring up the heat to a simmer and slowly add the dry mix to the wet, whisking vigorously as you go. When the mixture is well combined, cook about 1 more minute. Turn off the heat.
- Preheat a grill or griddle over medium-high heat.

- Make the burgers: Form the meat into 6 patties. Lightly season with salt, pepper and garlic salt. Grill the patties to medium, 4 to 5 minutes per side.
- Add 2 strips of bacon to each patty. Melt a thick slice of smoked cheese over each bacon burger.
- Place the burgers between the buns, drizzling a generous amount of bourbon sauce on each burger.
- Photograph by Jennifer Causey

## Nutrition Facts



### Properties

Glycemic Index:73.27, Glycemic Load:37.02, Inflammation Score:-3, Nutrition Score:22.154782222665%

### Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 1193.65kcal (59.68%), Fat: 67.9g (104.46%), Saturated Fat: 22.44g (140.26%), Carbohydrates: 85.3g (28.43%), Net Carbohydrates: 84.06g (30.57%), Sugar: 49.4g (54.89%), Cholesterol: 153.39mg (51.13%), Sodium: 1685.17mg (73.27%), Alcohol: 10.02g (100%), Alcohol %: 3.18% (100%), Protein: 41.65g (83.31%), Iron: 14.51mg (80.59%), Vitamin B12: 3.64µg (60.6%), Selenium: 37.27µg (53.25%), Zinc: 7.59mg (50.6%), Vitamin B3: 8.49mg (42.46%), Phosphorus: 397.26mg (39.73%), Vitamin B6: 0.65mg (32.34%), Vitamin B2: 0.44mg (26.08%), Calcium: 189.97mg (19%), Potassium: 621.2mg (17.75%), Vitamin B1: 0.21mg (13.89%), Manganese: 0.25mg (12.73%), Vitamin B5: 1.13mg (11.28%), Magnesium: 43.47mg (10.87%), Copper: 0.16mg (8.01%), Vitamin E: 1.13mg (7.52%), Fiber: 1.24g (4.95%), Vitamin K: 4.98µg (4.74%), Vitamin A: 210.93IU (4.22%), Folate: 16.12µg (4.03%), Vitamin D: 0.43µg (2.86%), Vitamin C: 1.7mg (2.06%)