



Venison Bacon Burgers



Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon minced
- ☐ 1 eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 pounds ground venison
- ☐ 6 hamburger buns
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt and pepper to taste

- ☐ 2 shallots minced
- ☐ 1 tablespoon worcestershire sauce

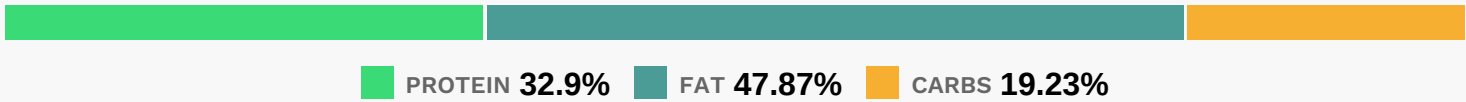
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook bacon in a skillet over medium heat until browned and crispy.
- ☐ Pour bacon and grease into a heatproof bowl and allow to cool.
- ☐ Heat olive oil in skillet then add garlic and shallots. Cook and stir until softened, about 3 minutes; then add to bacon.
- ☐ Once cool, mix in venison, Worcestershire sauce, parsley, salt, pepper, and egg until evenly combined. Refrigerate for 20 minutes.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Shape the mixture into 6 patties and grill to desired doneness.
- ☐ Serve on toasted hamburger buns with your favorite toppings.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:13.27, Inflammation Score:-3, Nutrition Score:24.702173461085%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 510kcal (25.5%), Fat: 26.57g (40.88%), Saturated Fat: 9.25g (57.78%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 22.96g (8.35%), Sugar: 4.11g (4.56%), Cholesterol: 162.76mg (54.25%), Sodium: 714.05mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.09g (82.18%), Vitamin B1: 1.13mg (75.52%), Vitamin B3: 11.35mg (56.77%), Vitamin B12: 3.09µg (51.48%), Selenium: 33.68µg (48.11%), Zinc: 7.07mg (47.14%), Vitamin B6: 0.84mg (41.76%), Phosphorus: 401.39mg (40.14%), Vitamin B2: 0.62mg (36.44%), Iron: 6.44mg (35.76%), Potassium: 661.38mg (18.9%), Vitamin K: 17.75µg (16.9%), Manganese: 0.3mg (14.88%), Copper: 0.29mg (14.44%), Folate: 54µg (13.5%), Vitamin B5: 1.31mg (13.08%), Magnesium: 47.74mg (11.94%), Vitamin E: 1.65mg (11.01%), Calcium: 91.87mg (9.19%), Fiber: 1.07g (4.29%), Vitamin C: 2.64mg (3.2%), Vitamin A: 106.95IU (2.14%), Vitamin D: 0.23µg (1.56%)