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Memphis BBQ Burger ♦♦

The Memphis BBQ Burger is a classic American burger with a smoky and tangy BBQ twist. It is made with a juicy beef patty, topped with melted cheddar cheese, crispy bacon, and a homemade Memphis-style BBQ sauce. Served on a toasted bun with lettuce, tomato, and pickles, this burger is a crowd-pleaser at any barbecue or cookout.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Ground Beef
100 g	cheddar cheese
100 g	bacon
50 g	lettuce
50 g	Tomato

50 g	Pickles
400 g	burger buns
200 g	memphis-style bbq sauce

Directions

Step 1

Grilling

Preheat the grill or stovetop griddle to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a large bowl, mix the ground beef with salt and pepper. Form into 4 patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the burger patties for about 4-5 minutes per side, or until cooked to your desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Grilling

During the last minute of grilling, place a slice of cheddar cheese on each patty to melt.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Frying

While the burgers are cooking, fry the bacon until crispy. Set aside on paper towels to drain.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Grilling

Toast the burger buns on the grill or stovetop griddle until lightly browned.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Assemble the burgers by placing a cooked patty on the bottom half of each bun. Top with bacon, lettuce, tomato, pickles, and a generous drizzle of Memphis-style BBQ sauce. Place the top half of the bun on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	5 mg	33.33%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Barbecue

Picnic

Cuisines

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers

Drinks

Breads

Salads

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Atkins Diet

Vegetarian Diet

Meal Type

Brunch

Lunch

Dinner

Difficulty Level

Medium

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