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Atlanta Smashburger ••

The Atlanta Smashburger is a classic American burger with a twist. It features a juicy beef patty topped with melted cheese, crispy bacon, tangy pickles, and a special sauce. This burger is known for its smashed patty, which creates a delicious crust and locks in the flavor. It's a favorite among burger lovers in Atlanta.

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
4 slices	cheese slices
8 strips	bacon
8 slices	Pickles
4 buns	Hamburger Buns

4 tbsp special sauce

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Divide the ground beef into 4 equal portions and shape them into patties.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Grilling

Place the patties on the grill or pan and smash them with a spatula to create a crust.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Grilling

Flip the patties and cook for another 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Grilling

Add a slice of cheese on top of each patty and cook until melted.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Grilling

Toast the hamburger buns on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Assemble the burgers by placing a patty on the bottom bun, topping it with bacon, pickles, and special sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the Atlanta Smashburgers with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 25 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	30 g	107.14%	120%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

American

Middle Eastern

Events

Game Day

Picnic

Course

Salads

Main Dishes

Side Dishes

Snacks

Breads

Nutritional Content

High Fiber

Low Calorie

Low Fat

Kitchen Tools

Blender

Pressure Cooker

Cooking Method

Steaming

Simmering

Serving

Plating

Cooking

Cutting

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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