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Garlic Bacon Avocado Burgers ♦♦

These delicious burgers are packed with flavor and are perfect for a hearty meal. The combination of garlic, bacon, and avocado creates a mouthwatering taste that will leave you wanting more. Whether you're grilling them up for a backyard barbecue or enjoying them on a cozy night in, these burgers are sure to satisfy your cravings.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ground Beef
100 g	bacon
4 cloves	garlic cloves
200 g	Avocado

4	Hamburger Buns
pieces	
100 g	lettuce
100 g	Tomato
100 g	onion
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Mixing

In a mixing bowl, combine the ground beef, minced garlic, salt, and pepper. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Shaping

Form the mixture into patties of desired size.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Cook the bacon in a skillet over medium heat until crispy. Remove from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Frying

In the same skillet, cook the burger patties over medium-high heat for about 4-5 minutes per side, or until cooked to your desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Cutting

While the patties are cooking, slice the avocado, tomato, and onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Toasting

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Assembling

Assemble the burgers by placing a patty on the bottom half of each bun. Top with bacon, avocado slices, lettuce, tomato, and onion. Drizzle with olive oil.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 550 kcal

Fat: 30 g

Protein: 40 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
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	15 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	30 g	107.14%	120%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	20 mg	0.59%	0.77%
Zinc	30 mg	272.73%	375%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Events

Christmas

Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie

Course

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Breakfast

Lunch

Dinner

Difficulty Level

Easy

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