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Inside Out Bacon Burger ♦

The Inside Out Bacon Burger is a delicious and indulgent burger that features crispy bacon and a juicy beef patty. The bacon is cooked inside the patty, giving it a smoky and savory flavor. This burger is perfect for meat lovers who enjoy a hearty and satisfying meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Ground Beef
200 g	bacon
1 tsp	salt
1 tsp	pepper

4	Hamburger Buns
pieces	
100 g	lettuce
100 g	Tomato
50 g	onion
100 g	cheese
4 tbsp	ketchup
4 tbsp	mustard

Directions

Step 1

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Divide the beef mixture into 8 equal portions. Flatten each portion into a patty.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cutting

Place 2 slices of bacon on each patty. Fold the edges of the patty over the bacon to enclose it.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Grilling

Preheat a grill or skillet over medium-high heat. Cook the patties for 4-5 minutes per side, or until cooked to your desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Grilling

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the burgers by placing a patty on the bottom half of each bun. Top with lettuce, tomato, onion, cheese, ketchup, and mustard. Cover with the top half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

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	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	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Cuisines

Italian

Indian

American

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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