

# Maple-Bacon Beer Burger

Total Recipe Time: 20 to 25 minutes

Makes 4 servings

Beef (check), bacon (check), beer (check.) Be prepared for the best burger you've ever eaten.

## INGREDIENTS

1. 1 pound Ground Beef
2. 1/4 cup beer
3. 2 tablespoons Worcestershire sauce
4. 4 whole wheat hamburger buns, split
5. 4 slices reduced-fat Cheddar cheese
6. 4 extra-thick slices Maplewood smoked bacon, cut in half, cooked crisp

## INSTRUCTIONS FOR MAPLE-BACON BEER BURGER

1. Combine Ground Beef, beer and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties.
  2. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 2 minutes before burgers are done, place buns, cut-side down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.
  3. Place burgers on bottom of buns; top with bacon slices. Close sandwiches.
- Test Kitchen Tips
  - Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

## NUTRITIONAL INFORMATION FOR MAPLE-BACON BEER BURGER

**Nutrition information per serving, using 95% lean Ground Beef:** 513 calories; 24 g fat (9 g saturated fat; 10 g monounsaturated fat); 110 mg cholesterol; 1301 mg sodium; 25 g carbohydrate; 3.2 g fiber; 46 g protein; 17.0 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 2.7 mcg vitamin B<sub>12</sub>; 4.5 mg iron; 65.8 mcg selenium; 8.1 mg zinc; 132.2 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline; and a good source of fiber.