

## MAPLE-BACON BEER BURGER

*Total preparation & cooking time: 27 minutes*



- 1 pound ground beef (95% lean)
- 1/4 cup beer
- 2 tablespoons Worcestershire sauce
- 4 whole wheat hamburger buns
- 4 slices 25% reduced-fat Cheddar cheese
- 4 extra thick slices maplewood smoked bacon, cut in half, cooked crisp

1. Combine ground beef, beer and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 8 to 10 minutes (over medium heat on preheated gas grill 7 to 9 minutes) to medium (160°F) doneness. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese. Place burgers on bottom of buns; top with bacon slices. Close sandwiches.

**Makes 4 servings**

**Nutrition information per serving:** 510 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; 10.6 mg niacin; 0.6 mg vitamin B6; 2.7 mcg vitamin B12; 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 B6, vitamin B12, iron, selenium, zinc and choline; and a good source of fiber.



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