
Bacon Wrapped Burgers

1g net carb per serving (1 burger) - 425 calories



Low Carbe Diem
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Servings: 5

- 1 lb ground beef
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 2 green onion stalks, chopped
- 2 tsp soy sauce
- sea salt
- black pepper
- 5 bacon slices, raw
- 2 oz cheddar cheese, shredded
- 5 oz smoked Gouda cheese, shredded

Using your hands, mix all ingredients together in a large bowl EXCEPT bacon and cheese.

Form the mixture into 5 burger patties. Wrap a bacon slice around each burger patty, securing with toothpicks, skewers or equiv.

In a small bowl, mix together cheddar and Gouda. Set aside.

Grill or cook until burgers are cooked as desired.

During the last minute of cooking, top each burger with grated cheese. Remove when cheese is fully melted, then serve immediately.

Per Serving: 425 Calories; 39g Fat (76.1% calories from fat); 27g Protein; 1g Carbohydrate; trace Dietary Fiber.