

**Prep Time**

15 min

Total Time

25 min

Yield

4 servings

Nutrition Info Per Serving

Serving Size

1 burger

Carbohydrates

3 grams

Protein

33 grams

Fat

39 grams

Calories

513

Cheesy Bacon Burger



A classic burger with buns that are better for high blood sugar.

Ingredients

- 4** cauliflower sandwich thins
- 1** pound ground beef
- 1/2** cup cheddar cheese shredded
- 1/2** tsp black pepper
- 1/2** tsp garlic powder
- 1/2** tsp salt
- 4** pieces bacon, chopped

Instructions

- 1.** In a large bowl, combine the ground beef with the cheese, bacon, scallions, black pepper, garlic powder, and salt.
- 2.** Mold into 4 baseball-sized balls and then flatten as thinly as you can while still retaining the shape.
- 3.** Cook on the grill or stove until cooked through. Prepare with your favorite flavor Sandwich Thins and burger toppings.



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