

## Gluten-Free Pretzel Bacon Burger: The Ultimate Flavorful Bite

Gluten-Free Pretzel Bacon Burger



**TIME**  
**4-5 min**

**TEMP**  
**145°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1 lb ground beef (80/20 blend for best flavor)

1/4 cup gluten-free breadcrumbs

1 large egg

1/4 cup chopped fresh parsley

1/2 tsp garlic powder

1/2 tsp onion powder

Salt and black pepper to taste

4 gluten-free pretzel buns

4 slices of cooked bacon

4 slices of cheddar cheese

Optional toppings: lettuce, tomato, pickles, red onion, gluten-free ketchup, mustard, or mayo

Swaps and Notes:

**Ground Beef:** You can opt for ground turkey or ground chicken for a leaner protein alternative. Adjust cooking times accordingly.

**Gluten-Free Breadcrumbs:** Ensure you use certified gluten-free breadcrumbs. Panko-style gluten-free breadcrumbs will offer a slightly crispier texture in the patty.

**Bacon:** Cook the bacon to your preferred crispness. For best results, I recommend extra crispy bacon for texture contrast.

**Cheddar Cheese:** While cheddar is classic, feel free to use other good melting cheeses like provolone, Monterey Jack, or even a dairy-free cheese alternative if needed.

**Pretzel Buns:** The availability of quality gluten-free pretzel buns has greatly improved. Look for them in the gluten-free section of your grocery store or at specialty bakeries.

**Fresh Herbs:** If fresh parsley isn't available, 1 tablespoon of dried parsley can be used, though fresh adds more vibrancy.

**Instructions:**

**Prepare Burger Patties:** In a large mixing bowl, combine the ground beef, gluten-free breadcrumbs, egg, chopped parsley, garlic powder, onion powder, and generous pinches of salt and black pepper. Mix gently until all ingredients are just well combined. Avoid overmixing, as this can make the burgers tough.

**Form Patties:** Divide the mixture into 4 equal portions. Shape each portion into a burger patty, about 1/2 to 3/4 inch thick. Make a slight indentation in the center of each patty with your thumb; this helps prevent the burger from bulging in the middle during cooking.

**Cook Burgers:** Preheat a grill or large skillet over medium-high heat. Once hot, place the burger patties on the cooking surface. Cook for about 4-5 minutes per side, or until they reach your desired level of doneness. For a medium burger, aim for an internal temperature of 140-145°F (60-63°C); for well-done, 160-165°F (71-74°C).

**Melt the Cheese:** During the last minute of cooking the burgers, top each patty with a slice of cheddar cheese. Cover the grill or skillet with a lid (or tent with foil) for about 30-60 seconds to help the cheese melt perfectly.

**Toast Buns:** While the cheese melts, lightly toast the gluten-free pretzel buns on the grill or in a toaster oven until they are slightly crispy and warm. This adds structure and flavor.

**Assemble the Burgers:** Place a cooked, cheese-topped burger patty on the bottom half of each toasted pretzel bun.

**Add Toppings:** Top each patty with a slice of cooked bacon, fresh lettuce, a slice of tomato, crunchy pickles, and any other desired toppings like sliced red onion or a drizzle of your favorite gluten-free condiments.

**Serve & Enjoy:** Place the top half of the pretzel bun on top and serve your delicious Gluten-Free Pretzel Bacon Burger hot!

**Tips for Success:**

**Don't Overmix:** Overworking the ground beef leads to a dense, dry burger. Mix just until combined.

**Indent the Patty:** The thumbprint in the center helps the burger cook flat and evenly.

**Hot Surface for Sear:** Ensure your grill or skillet is hot enough to create a good sear on the outside

of the patty.

**Toast Buns:** Gluten-free buns benefit greatly from toasting; it improves their texture and prevents them from becoming soggy.

**Season Generously:** Don't be shy with salt and pepper on the patties for maximum flavor.

**Serving Suggestions and Pairings:**

**Fries or Chips:** A side of crispy gluten-free french fries or sweet potato fries, or a bowl of your favorite gluten-free potato chips.

## DIRECTIONS

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13. **Season : Generously:** Don't be shy with salt and pepper on the patties for maximum flavor.
14. **Serving Suggestions and Pairings:** This Gluten-Free Pretzel Bacon Burger is a satisfying meal on its own, but it pairs wonderfully with classic burger sides (made gluten-free, of course!).
15. **Fries or : Chips:** A side of crispy gluten-free french fries or sweet potato fries, or a bowl of your favorite gluten-free potato chips.
16. **Simple : Salad:** A fresh green salad with a light vinaigrette for a balanced meal.
17. **Other : Easy Mains:** For more simple and satisfying gluten-free meals, consider trying This Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit or a lighter option like A Light Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight.
18. **Storage and Leftover Tips:** Burgers are best assembled and eaten fresh. If you have leftover cooked burger patties (without buns or fresh toppings), store them in an airtight container in the refrigerator for up to 3-4 days. Reheat gently in a skillet or oven until warmed through. The bacon can also be cooked ahead of time and stored separately.
19. **More Recipes You Will Love:** If you loved the delicious and accommodating nature of this gluten-free burger, you'll definitely want to explore these other fantastic and easy-to-make recipes:
20. **This : One-Pan Breakfast Bake Will Make You Skip**
21. **These : Easy Cheesy Chicken Sliders with Marinara Garlic Butter**
22. **This : Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor**
23. **Final Thoughts:** This Gluten-Free Pretzel Bacon Burger proves that delicious, satisfying meals are entirely possible even with dietary considerations. It's packed with flavor, easy to make, and offers that delightful chewiness of a pretzel bun without the gluten. Prepare to enjoy a burger experience that truly hits the spot!
24. **What are your favorite gluten-free meal hacks or**

comfort food adaptations? Share your tips in the comments below, and don't forget to follow Chef Maniac for more incredible and inclusive recipes!

## SWAPS & NOTES

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**Panko-style gluten-free breadcrumbs** will offer a slightly crispier texture in the patty.

**Bacon:** Cook the bacon to your preferred crispness.

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/gluten-free-pretzel-bacon-burger-the-ultimate-flavorful-bite/>