

Published based on [The Worst Burgers in America 2010](#)

# **The Worst Burgers in America 2010**

When I say “worst burgers” I don’t mean it as tasting bad. I mean “worst burgers” as in unhealthiest burgers in America. Click on the link to get the nutritional information on the seven most unhealthiest burgers in America.

Ground meat and bun, maybe a slice of cheese. Ideally there’s a pile of produce as well, but if not, so be it. The perfect burger doesn’t benefit from frilly accoutrements. Those “upscale” burger places that insist on embellishing with onion rings, gourmet cheeses, and herb-infused mayonnaise? They’re just showing off, like painting flames on a muscle car. The key to quality is in simplicity, and that’s what the best burgers have in common.

### [The Worst Burgers in America 2010](#)

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