



Make This Your Hangover Helper

Ditch the Advil. *Top Chef* alum **DALE TALDE'S** breakfast burger will heal your hurt. **by** **STEPHANIE RADVAN**

➔ Meet the Destroyer, a wonderfully greasy gut bomb built to banish your hangover to hell. "After a night of drinking, the first thing I look for is classic breakfast food or a burger," says chef Dale Talde. "With this you get the best of both worlds. It's also stupid easy to make—and eat." Talde—a co-owner of Brooklyn's Pork Slope and his namesake eatery, Talde—dreamed up the coronary-inducing Destroyer by crowning a juicy beef patty with a fried egg, thick-cut bacon, American cheese, and ketchup, all lovingly sandwiched between two golden hash browns. Because, really, who needs bread?

Ranking Your Morning-After Meal

Dietitian **JACLYN LONDON** breaks down this booze-buster's ingredients from most hangover-healthy to least.

- ➊ **EGGS** "Their high cysteine content helps break down acetaldehyde, the headache-causing chemical that's left over when the liver breaks down the booze."
- ➋ **KETCHUP** "Tomatoes are full of antioxidants like lycopene and vitamin C, and they prevent free-radical damage in bodily cells, thus protecting tissues from damage caused by alcohol."
- ➌ **HASH BROWNS** "Drinking causes loss of fluids and electrolytes. These crispy snacks may help to rehydrate from a more natural sugar source while restoring fluid-electrolyte balance."
- ➍ **BEEF PATTY** "Beef is packed with B vitamins, like thiamine and niacin—necessary cofactors for metabolic processes."
- ➎ **CHEESE** "Cheese is potassium-rich, but its high fat and sodium content can worsen the dehydrating effects of alcohol."
- ➏ **BACON** London ranked everyone's favorite breakfast meat last, but a scientist at the Centre for Life in the U.K. found that its protein breaks down into amino acids, which replenish neurotransmitters lost after an epic night of boozing.

Go to **Maxim.com** for the step-by-step recipe.