



All-American BBQ-Bacon Cheeseburgers

READY IN



30 min.

SERVINGS



30

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon cooked
- 0.5 cup original barbecue sauce divided kraft
- 4 singles kraft
- 1 lb ground beef lean
- 4 lettuce leaves
- 4 kaiser rolls split toasted
- 1 tomatoes cut into 4 slices

Equipment

broiler

Directions

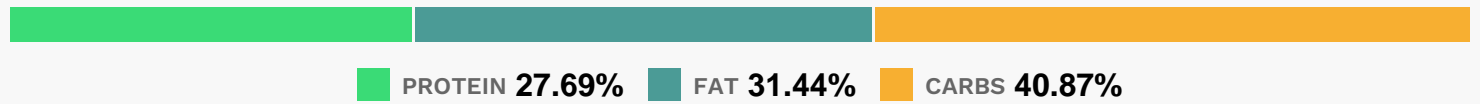
Heat broiler.

Reserve 1/4 cup barbecue sauce. Shape meat into 4 (1/2-inch-thick) patties.

Broil, 4 to 6 inches from heat, 7 to 9 min. on each side or until done (160F), brushing occasionally with remaining barbecue sauce for the last few minutes. Top with Singles. Broil 1 min. or until Singles begin to melt.

Fill rolls with lettuce, tomatoes, burgers, reserved sauce and bacon.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:3.1, Inflammation Score:-2, Nutrition Score:2.6321739295255%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 65.66kcal (3.28%), Fat: 2.25g (3.47%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.32g (2.3%), Sugar: 2.31g (2.57%), Cholesterol: 11.33mg (3.78%), Sodium: 120.33mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Iron: 1.86mg (10.35%), Vitamin B12: 0.35µg (5.89%), Vitamin A: 285.73IU (5.71%), Zinc: 0.83mg (5.53%), Vitamin B3: 1.01mg (5.07%), Selenium: 3.3µg (4.72%), Vitamin B6: 0.08mg (3.86%), Phosphorus: 38.26mg (3.83%), Potassium: 85.42mg (2.44%), Vitamin B2: 0.03mg (1.98%), Vitamin C: 1.17mg (1.41%), Vitamin B1: 0.02mg (1.34%), Magnesium: 5.16mg (1.29%), Vitamin B5: 0.12mg (1.25%), Manganese: 0.02mg (1.11%), Fiber: 0.27g (1.07%)