



## All-American DELI DELUXE Cheeseburgers

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef
- 4 clausen kosher dill burger
- 4 lettuce leaves
- 2 Tbsp real mayo mayonnaise kraft
- 4 deli deluxe process american cheese kraft
- 4 slices onion red
- 4 kaiser rolls split toasted
- 2 Tbsp thousand island dressing kraft

1 tomatoes cut into slices

## Equipment

grill

## Directions

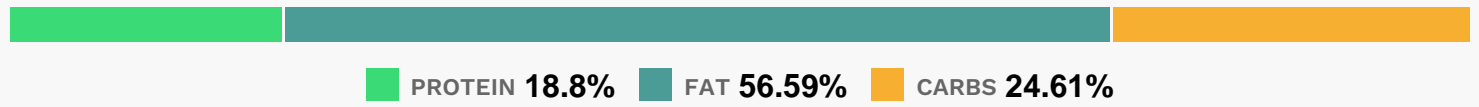
Heat grill to medium-high heat.

Shape meat into 4 (1/2-inch-thick) patties.

Grill 5 to 6 min. on each side or until done (160F). Top with cheese; grill 1 min. or until melted.

Mix mayo and dressing; spread onto cut sides of rolls. Fill with cheeseburgers and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:53.75, Glycemic Load:23.79, Inflammation Score:-9, Nutrition Score:21.98565196991%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 638.96kcal (31.95%), Fat: 39.88g (61.35%), Saturated Fat: 13.77g (86.08%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 36.39g (13.23%), Sugar: 8.54g (9.48%), Cholesterol: 106.49mg (35.5%), Sodium: 1374.2mg (59.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.61%), Iron: 13.57mg (75.38%), Vitamin A: 2372.15IU (47.44%), Vitamin B12: 2.75µg (45.83%), Zinc: 5.49mg (36.6%), Phosphorus: 346.19mg (34.62%), Vitamin K: 32.77µg (31.21%), Selenium: 21.74µg (31.06%), Calcium: 298.2mg (29.82%), Vitamin B3: 5.21mg (26.04%), Vitamin B6: 0.47mg (23.28%), Vitamin B2: 0.29mg (17.27%), Vitamin B1: 0.24mg (16.01%), Potassium: 556.51mg (15.9%), Vitamin C: 10.93mg (13.25%), Fiber: 2.63g (10.5%), Vitamin E: 1.5mg (9.99%), Magnesium: 37.9mg (9.47%), Manganese: 0.18mg (8.96%), Folate: 31.56µg (7.89%), Vitamin B5: 0.74mg (7.43%), Copper: 0.12mg (6.03%), Vitamin D: 0.25µg (1.69%)