



All-American Steakburgers

READY IN



30 min.

SERVINGS



30

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 lb ground sirloin
- 0.3 cup a.1. original sauce
- 8 singles kraft
- 1 bell pepper green red cut into 3/4-inch-wide strips
- 1 vidalia onion cut into 1/2-inch-thick slices
- 8 hamburger buns whole wheat toasted

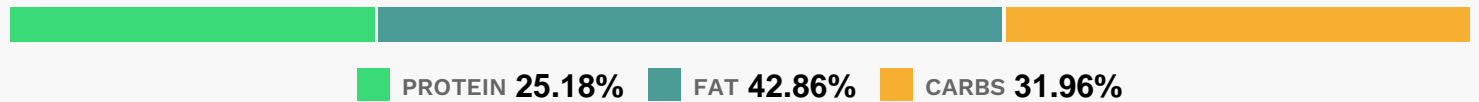
Equipment

grill

Directions

- Heat grill to medium heat.
- Mix barbecue sauce and steak sauce.
- Mix 1/4 cup with meat; shape into 8 (1/2-inch-thick) patties.
- Grill patties and vegetables 10 to 12 min. or until burgers are done (160F) and vegetables are crisp-tender, turning and brushing with remaining sauce after 6 min.
- Top burgers with Singles; grill 1 min. or until melted. Fill buns with vegetables and cheeseburgers.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.8582608835853%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 111.9kcal (5.59%), Fat: 5.31g (8.16%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.24g (3%), Sugar: 3.45g (3.84%), Cholesterol: 20.61mg (6.87%), Sodium: 152.14mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Selenium: 8.71µg (12.44%), Vitamin B12: 0.66µg (10.96%), Zinc: 1.51mg (10.1%), Vitamin B3: 2mg (10.02%), Phosphorus: 73.54mg (7.35%), Manganese: 0.14mg (7.2%), Vitamin B6: 0.14mg (7.12%), Iron: 1.18mg (6.55%), Vitamin B2: 0.09mg (5.29%), Vitamin B1: 0.08mg (5.08%), Folate: 18.16µg (4.54%), Vitamin C: 3.75mg (4.54%), Potassium: 140.17mg (4%), Magnesium: 12.73mg (3.18%), Copper: 0.06mg (2.92%), Fiber: 0.67g (2.66%), Vitamin B5: 0.25mg (2.48%), Calcium: 22.01mg (2.2%), Vitamin E: 0.18mg (1.17%), Vitamin K: 1.18µg (1.12%)