



Bacon Horseradish Burgers

READY IN



25 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices cheddar cheese
- 1.5 pounds ground beef
- 1 tablespoon horseradish
- 11.5 fl. oz. jicama with bacon soup canned
- 6 sandwich rolls with sesame seeds pepperidge farm®
- 0.5 cup water

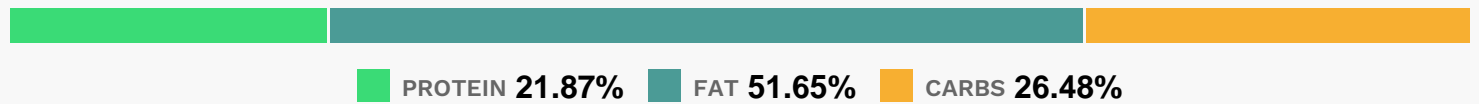
Equipment

- frying pan

Directions

- Shape the beef into 6 (1/2-inch thick) burgers.
- Cook the burgers in a 12-inch skillet over medium-high heat for 10 minutes or until well browned on both sides.
- Pour off any fat.
- Stir the soup, water and horseradish in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the burgers are cooked through. Top the burgers with the cheese and cook until the cheese is melted.
- Serve the burgers and sauce on the buns.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:19.873043412748%

Nutrients (% of daily need)

Calories: 547.14kcal (27.36%), Fat: 30.98g (47.66%), Saturated Fat: 12.32g (77.03%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 31.56g (11.48%), Sugar: 2.28g (2.54%), Cholesterol: 97.51mg (32.5%), Sodium: 510.99mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.02%), Selenium: 44.57µg (63.68%), Vitamin B12: 2.61µg (43.45%), Zinc: 6.01mg (40.09%), Vitamin B3: 7.34mg (36.71%), Phosphorus: 325.01mg (32.5%), Vitamin B2: 0.45mg (26.55%), Iron: 4.45mg (24.71%), Vitamin B1: 0.34mg (22.51%), Vitamin B6: 0.42mg (21.18%), Calcium: 203.54mg (20.35%), Folate: 73.88µg (18.47%), Fiber: 4.17g (16.68%), Manganese: 0.31mg (15.62%), Vitamin C: 12.07mg (14.63%), Potassium: 471.99mg (13.49%), Magnesium: 46.93mg (11.73%), Copper: 0.2mg (9.98%), Vitamin B5: 0.95mg (9.52%), Vitamin E: 1.09mg (7.29%), Vitamin A: 182.29IU (3.65%), Vitamin K: 2.99µg (2.85%), Vitamin D: 0.22µg (1.44%)