



Barbecued Burgers

READY IN



25 min.

SERVINGS



25

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup chargrilled burger barbecue sauce divided kraft
- 0.5 cup bread crumbs dry
- 1 eggs
- 4 hamburger buns split
- 4 singles kraft
- 1 lb ground beef lean

Equipment

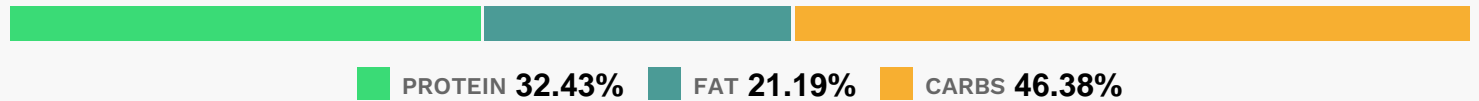
- broiler

broiler pan

Directions

- Heat broiler.
- Mix meat, 2 Tbsp. barbecue sauce, bread crumbs and egg just until blended; shape into 4 (1/2-inch-thick) patties.
- Place on rack of broiler pan.
- Broil, 6 inches from heat, 4 min. on each side.
- Brush with half the remaining barbecue sauce; broil 1 to 2 min. or until burgers are done (160F), turning and brushing occasionally with remaining barbecue sauce. Top with Singles; broil 1 min. or until melted.
- Serve in buns.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:3.1586956576161%

Nutrients (% of daily need)

Calories: 65.18kcal (3.26%), Fat: 1.5g (2.3%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.09g (2.58%), Sugar: 2.55g (2.83%), Cholesterol: 17.82mg (5.94%), Sodium: 125.27mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Selenium: 6.19µg (8.84%), Vitamin B12: 0.44µg (7.39%), Vitamin B3: 1.46mg (7.32%), Zinc: 1.04mg (6.94%), Phosphorus: 52.54mg (5.25%), Iron: 0.84mg (4.66%), Vitamin B1: 0.07mg (4.51%), Vitamin B6: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.12%), Manganese: 0.07mg (3.37%), Folate: 10.63µg (2.66%), Potassium: 91.48mg (2.61%), Calcium: 19.51mg (1.95%), Magnesium: 7.46mg (1.86%), Vitamin B5: 0.16mg (1.65%), Copper: 0.03mg (1.62%), Fiber: 0.27g (1.09%)