



## BBQ Burger Bites

READY IN



21 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp original barbecue sauce kraft
- 2 deli deluxe process bacon cheddar cheese quartered kraft
- 1 lb extra-lean ground beef
- 0.3 cup onions finely chopped
- 8 sandwich buns split mini

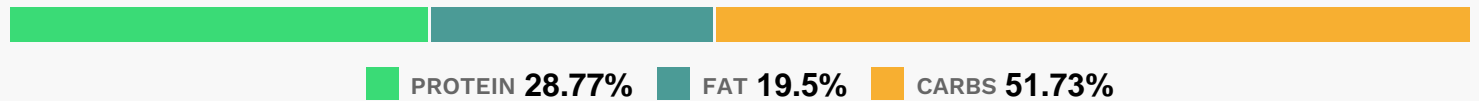
### Equipment

- grill

## Directions

- Heat grill to medium-high heat.
- Mix first 3 ingredients just until blended; shape into 8 (3-inch) patties.
- Grill 3 to 5 min. on each side or until done (165F). Top with cheese; grill 1 min. or until melted. Meanwhile, grill buns, cut-sides down, until toasted.
- Fill buns with burgers.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:12.020869613342%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 255.02kcal (12.75%), Fat: 5.4g (8.31%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.81g (11.2%), Sugar: 2.63g (2.93%), Cholesterol: 35.4mg (11.8%), Sodium: 393.11mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Selenium: 32.3µg (46.15%), Vitamin B3: 5.56mg (27.82%), Zinc: 3.45mg (22.98%), Vitamin B12: 1.27µg (21.21%), Vitamin B1: 0.3mg (19.94%), Iron: 3.26mg (18.1%), Phosphorus: 172.71mg (17.27%), Vitamin B2: 0.29mg (16.92%), Folate: 58.07µg (14.52%), Manganese: 0.28mg (13.98%), Vitamin B6: 0.25mg (12.58%), Potassium: 275.09mg (7.86%), Magnesium: 28.98mg (7.25%), Copper: 0.14mg (7.08%), Calcium: 63.57mg (6.36%), Vitamin B5: 0.61mg (6.12%), Fiber: 1.43g (5.74%), Vitamin E: 0.44mg (2.9%)