



BBQ Cheeseburgers with Deluxe Macaroni & Cheese Dinner

READY IN



25 min.

SERVINGS



25

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1.5 lb ground beef
- 6 hamburger buns toasted
- 6 singles kraft
- 6 lettuce leaves
- 14 oz deluxe macaroni & cheese dinner kraft
- 6 slices tomatoes
- 6 slices watermelon

Equipment

grill

Directions

Heat greased grill to medium heat.

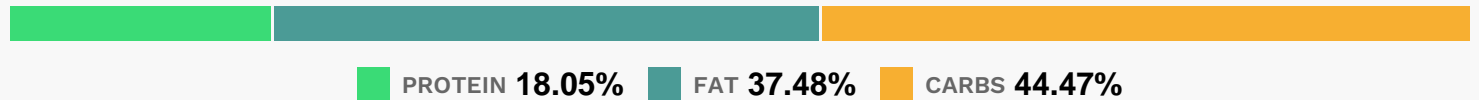
Prepare Dinner as directed on package. Meanwhile, mix meat and 3 Tbsp. barbecue sauce. Shape into 6 (1/2-inch-thick) patties.

Grill patties 7 to 9 min. on each side or until done (165F), brushing occasionally with remaining barbecue sauce. Top with Singles; grill 1 min. or until melted.

Fill buns with burgers, lettuce and tomatoes.

Serve with macaroni & cheese and watermelon.

Nutrition Facts



Properties

Glycemic Index:9.55, Glycemic Load:11.56, Inflammation Score:-6, Nutrition Score:6.5634782443876%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 183.76kcal (9.19%), Fat: 7.69g (11.84%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 19.9g (7.24%), Sugar: 7.15g (7.94%), Cholesterol: 19.36mg (6.45%), Sodium: 255.48mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.67%), Vitamin A: 889.12IU (17.78%), Phosphorus: 129.63mg (12.96%), Selenium: 7.27µg (10.39%), Zinc: 1.53mg (10.17%), Vitamin B12: 0.6µg (10.05%), Manganese: 0.19mg (9.62%), Vitamin C: 7.65mg (9.28%), Vitamin B3: 1.8mg (9%), Iron: 1.48mg (8.23%), Vitamin B6: 0.14mg (7.03%), Potassium: 234.59mg (6.7%), Vitamin B1: 0.1mg (6.66%), Vitamin B2: 0.1mg (5.66%), Calcium: 53.9mg (5.39%), Magnesium: 21.47mg (5.37%), Folate: 16.94µg (4.24%), Copper: 0.06mg (3.23%), Vitamin B5: 0.3mg (3.03%), Fiber: 0.65g (2.59%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.67µg (1.59%)