



## BBQ Cheeseburgers with Deluxe Macaroni & Cheese Dinner

READY IN



25 min.

SERVINGS



6

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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.

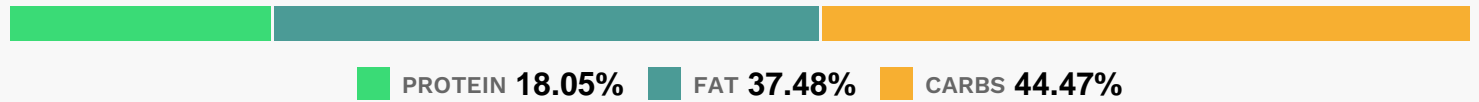
Prepare Dinner as directed on package. Meanwhile, mix meat and 3 Tbsp. barbecue sauce. Shape into 6 (1/2-inch-thick) patties.

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:39.78, Glycemic Load:48.17, Inflammation Score:-10, Nutrition Score:27.347826283911%

# Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

# Nutrients (% of daily need)

Calories: 765.67kcal (38.28%), Fat: 32.06g (49.33%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 85.61g (28.54%), Net Carbohydrates: 82.91g (30.15%), Sugar: 29.79g (33.1%), Cholesterol: 80.67mg (26.89%), Sodium: 1064.49mg (46.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.47%), Vitamin A: 3704.69IU (74.09%), Phosphorus: 540.14mg (54.01%), Selenium: 30.3µg (43.29%), Zinc: 6.36mg (42.4%), Vitamin B12: 2.51µg (41.88%), Manganese: 0.8mg (40.08%), Vitamin C: 31.89mg (38.65%), Vitamin B3: 7.5mg (37.49%), Iron: 6.17mg (34.29%), Vitamin B6: 0.59mg (29.28%), Potassium: 977.47mg (27.93%), Vitamin B1: 0.42mg (27.74%), Vitamin B2: 0.4mg (23.58%), Calcium: 224.59mg (22.46%), Magnesium: 89.45mg (22.36%), Folate: 70.58µg (17.65%), Copper: 0.27mg (13.46%), Vitamin B5: 1.26mg (12.64%), Fiber: 2.7g (10.79%), Vitamin E: 1.13mg (7.55%), Vitamin K: 6.95µg (6.62%)