



BBQ Crunch Burger

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 Tbsp original barbecue sauce divided kraft
- 6 hamburger buns
- 1.5 lb ground beef lean
- 0.3 cup real mayo mayonnaise kraft
- 2 cups barbecue potato chips kettle-style
- 0.3 cup onions red chopped

Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix mayo, onions and 2 Tbsp. barbecue sauce.
- Mix meat and remaining barbecue sauce just until blended; shape into 6 (1/2-inch-thick) patties.
- Grill 4 to 5 min. on each side or until done (160F).
- Spread buns with mayo mixture; fill with burgers and chips.

Nutrition Facts

PROTEIN 22.78% **FAT 44.19%** **CARBS 33.03%**

Properties

Glycemic Index:23.17, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:21.847391320312%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 542.59kcal (27.13%), Fat: 26.41g (40.63%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 42.5g (15.45%), Sugar: 9.22g (10.25%), Cholesterol: 75.53mg (25.18%), Sodium: 690.97mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.24%), Vitamin B3: 9.49mg (47.43%), Selenium: 32.68µg (46.68%), Vitamin B12: 2.64µg (44.02%), Zinc: 6.45mg (43.02%), Vitamin B6: 0.64mg (32.19%), Phosphorus: 319.25mg (31.93%), Vitamin K: 29.28µg (27.89%), Vitamin E: 3.93mg (26.17%), Iron: 4.69mg (26.03%), Potassium: 836.48mg (23.9%), Manganese: 0.47mg (23.41%), Vitamin B1: 0.35mg (23.24%), Vitamin B2: 0.35mg (20.52%), Vitamin B5: 2.02mg (20.17%), Folate: 56.54µg (14.13%), Magnesium: 55.69mg (13.92%), Copper: 0.22mg (10.88%), Vitamin C: 7.27mg (8.82%), Calcium: 86.21mg (8.62%), Fiber: 1.92g (7.67%)