



BBQ Grilled Steak Burgers

READY IN



46 min.

SERVINGS



46

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 2 lb ground sirloin
- 0.3 cup a.1. original sauce
- 8 singles kraft
- 1 onion separated sliced
- 1 bell pepper green red cut into strips
- 8 sesame seed hamburger buns

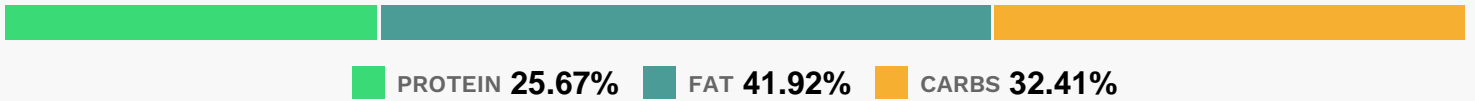
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place vegetables in center of large sheet heavy-duty foil.
- Mix barbecue sauce and steak sauce; drizzle 1/2 cup over vegetables. Fold to make packet. Grill 15 min. Meanwhile, mix meat and 2 Tbsp. of the remaining barbecue sauce mixture; shape into 8 (1/2-inch-thick) patties.
- Turn packet over.
- Add burgers to grill; grill 8 to 10 min. or until done (160F), turning burgers and brushing with remaining barbecue sauce mixture after 5 min.
- Remove packet from grill. Top burgers with Singles; grill 1 min. or until melted. Fill buns with cheeseburgers and vegetables.

Nutrition Facts



Properties

Glycemic Index:2.15, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:2.8582609049652%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 71.67kcal (3.58%), Fat: 3.28g (5.04%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.04g (2.27%), Cholesterol: 13.44mg (4.48%), Sodium: 99.41mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Selenium: 5.18µg (7.4%), Vitamin B12: 0.44µg (7.38%), Zinc: 0.95mg (6.36%), Vitamin B3: 1.26mg (6.3%), Phosphorus: 44.63mg (4.46%), Vitamin B6: 0.08mg (4.19%), Iron: 0.7mg (3.89%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.06mg (3.27%), Vitamin C: 2.37mg (2.88%), Manganese: 0.05mg (2.65%), Potassium: 82.84mg (2.37%), Folate: 8.91µg (2.23%), Calcium: 16.67mg (1.67%), Magnesium: 6.15mg (1.54%), Copper: 0.03mg (1.31%), Vitamin B5: 0.12mg (1.19%)