



## BBQ Toasted Patty Melts

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup original barbecue sauce kraft
- 4 singles kraft
- 1 lb ground beef lean
- 1 Tbsp oil
- 1 large onion sliced
- 8 slices bread whole wheat toasted

### Equipment

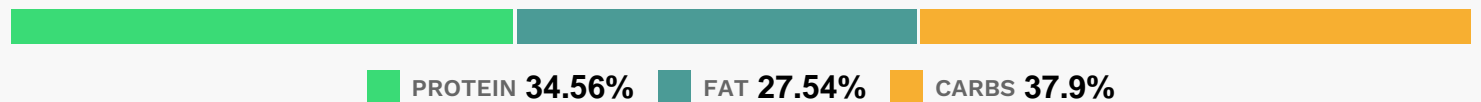
- frying pan

paper towels

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add onions; cook 8 min. or until golden brown, stirring frequently and adding barbecue sauce the last few minutes.
- Remove onions from skillet; set aside. Carefully wipe skillet clean with paper towel.
- Shape meat into 4 (1/2-inch-thick) patties.
- Add to skillet; cook on medium heat 4 to 5 min. on each side or until done (160F). Top with Singles; cook 1 min. or until melted.
- Fill toast slices with burgers and onions to make 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:3.22, Glycemic Load:2.03, Inflammation Score:-1, Nutrition Score:2.8691304504223%

## 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: 50.1kcal (2.51%), Fat: 1.51g (2.32%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.34g (1.49%), Cholesterol: 9.4mg (3.13%), Sodium: 70.06mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Manganese: 0.17mg (8.52%), Selenium: 4.61µg (6.59%), Zinc: 0.92mg (6.11%), Vitamin B3: 1.18mg (5.91%), Vitamin B12: 0.34µg (5.64%), Phosphorus: 48.92mg (4.89%), Vitamin B6: 0.08mg (4.16%), Iron: 0.58mg (3.2%), Vitamin B1: 0.04mg (2.55%), Magnesium: 9.89mg (2.47%), Potassium: 84.13mg (2.4%), Vitamin B2: 0.04mg (2.34%), Fiber: 0.55g (2.22%), Calcium: 16.42mg (1.64%), Copper: 0.03mg (1.61%), Vitamin B5: 0.16mg (1.58%), Vitamin E: 0.18mg (1.23%), Folate: 4.89µg (1.22%)