



Best-Ever Cheeseburgers

READY IN



20 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce divided kraft
- 1 lb extra-lean ground beef
- 4 milk singles 2% kraft
- 4 large onion (1/)
- 1 tomatoes cut into 4 slices
- 4 hamburger buns whole wheat

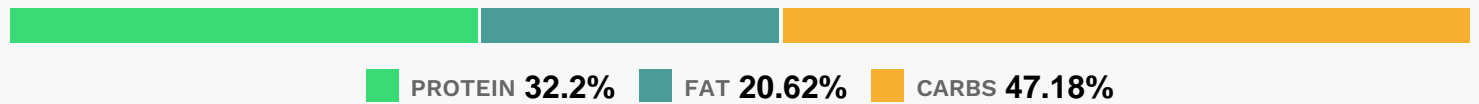
Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix meat and 2 Tbsp. barbecue sauce; shape into 4 (1/2-inch-thick) patties.
- Brush onions with 1 Tbsp. of the remaining barbecue sauce.
- Grill patties and onions 4 to 5 min. on each side or until burgers are done (160F) and onions are crisp-tender, brushing burgers with remaining barbecue sauce and topping with the 2% Milk Singles for the last minute. Meanwhile, grill buns, cut-sides down, 1 min. or until lightly toasted.
- Fill buns with burgers, onions and tomatoes.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:4.4526087162287%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 76.15kcal (3.81%), Fat: 1.75g (2.69%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.04g (2.92%), Sugar: 3.59g (3.99%), Cholesterol: 14.08mg (4.69%), Sodium: 106.89mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Selenium: 7.03µg (10.04%), Zinc: 1.32mg (8.8%), Vitamin B3: 1.75mg (8.74%), Vitamin B12: 0.51µg (8.5%), Manganese: 0.15mg (7.27%), Vitamin B6: 0.14mg (7.09%), Phosphorus: 67.2mg (6.72%), Iron: 1.01mg (5.59%), Potassium: 162.59mg (4.65%), Vitamin B1: 0.07mg (4.55%), Vitamin B2: 0.08mg (4.51%), Folate: 17.85µg (4.46%), Fiber: 0.97g (3.87%), Vitamin C: 3.09mg (3.75%), Magnesium: 13.27mg (3.32%), Copper: 0.06mg (2.78%), Vitamin B5: 0.24mg (2.41%), Calcium: 19.92mg (1.99%), Vitamin A: 62.71IU (1.25%)