

Biggest Bestest Burger

READY IN



40 min.

SERVINGS



6

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices processed cheese food
- 1 teaspoon basil dried
- 2 pounds ground beef
- 1 teaspoon pepper black
- 0.3 cup seasoned bread crumbs italian
- 1 onion chopped
- 6 onion rolls
- 1 tablespoon parmesan cheese grated
- 1 teaspoon salt

0.3 cup teriyaki sauce

Equipment

bowl

oven

spatula

broiler pan

Directions

Preheat oven to broil.

In a large bowl, combine the ground beef, onion, salt, ground black pepper and basil; mix together well. Then add the bread crumbs, cheese and teriyaki sauce.

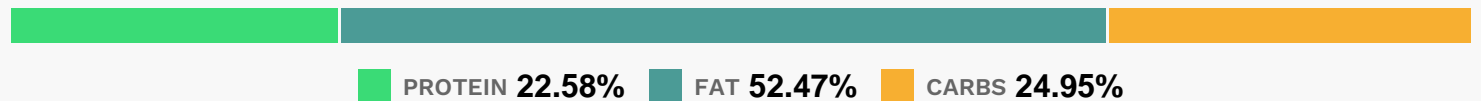
Mix this together well and divide into 4 to 6 large, round balls.

Place the hamburger balls onto a broiler pan, evenly spaced. Press down on each ball, either with your palm or with a spatula, until a perfectly round patty is formed.

Broil for 8 minutes, turn each patty over, and broil for 8 minutes more. (Note: The outside of each patty should appear almost burnt.)

Turn off heat and place cheese slices on each patty. When cheese is melted, remove from oven and serve on onion rolls.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:21.229130387306%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 694.41kcal (34.72%), Fat: 40.01g (61.56%), Saturated Fat: 15.61g (97.55%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 40.39g (14.69%), Sugar: 7.2g (8%), Cholesterol: 129.13mg (43.04%), Sodium: 1908.9mg (83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.49%), Vitamin B12: 3.58µg (59.66%), Zinc: 7.01mg (46.76%), Vitamin B3: 8.99mg (44.96%), Phosphorus: 418.58mg (41.86%), Selenium: 28.74µg (41.05%), Iron: 6.26mg (34.77%), Calcium: 344.8mg (34.48%), Vitamin B2: 0.49mg (28.95%), Vitamin B6: 0.55mg (27.51%), Folate: 91.6µg (22.9%), Vitamin B1: 0.33mg (22.28%), Potassium: 520.7mg (14.88%), Magnesium: 47.11mg (11.78%), Fiber: 2.42g (9.68%), Vitamin B5: 0.94mg (9.38%), Vitamin K: 9.06µg (8.63%), Manganese: 0.16mg (7.86%), Copper: 0.15mg (7.29%), Vitamin E: 0.83mg (5.53%), Vitamin A: 218.74IU (4.37%), Vitamin D: 0.28µg (1.88%), Vitamin C: 1.49mg (1.81%)