



Bistro Burger

READY IN



24 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 deli deluxe process bacon cheddar cheese kraft
- 1 lb extra-lean ground beef
- 4 hamburger buns
- 4 onion (1/)
- 0.3 cup mayo horseradish-dijon reduced fat mayonnaise kraft flavored

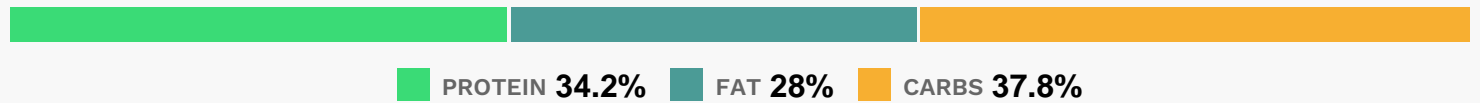
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Shape meat into 4 (1/2-inch-thick) patties.
- Grill 4 to 6 min. on each side or until done (160F). Top with cheese; grill 1 min. or until melted. Meanwhile, place onions and buns, cut-sides down, on grill; cook 1 to 2 min. or until onions are lightly browned and buns are lightly toasted, turning onions after 1 min.
- Spread mayonnaise onto cut sides of buns; fill with cheeseburgers and onions.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:15.15, Inflammation Score:-6, Nutrition Score:18.809130627176%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 356.73kcal (17.84%), Fat: 10.91g (16.78%), Saturated Fat: 3.63g (22.72%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 30.49g (11.09%), Sugar: 8.3g (9.22%), Cholesterol: 73.55mg (24.52%), Sodium: 413.98mg (18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.95%), Selenium: 32.62µg (46.61%), Vitamin B12: 2.64µg (43.95%), Zinc: 6.32mg (42.13%), Vitamin B3: 8.16mg (40.79%), Phosphorus: 306.54mg (30.65%), Vitamin B6: 0.6mg (30.23%), Iron: 4.43mg (24.59%), Vitamin B1: 0.33mg (22.13%), Vitamin B2: 0.34mg (20.26%), Manganese: 0.39mg (19.61%), Potassium: 610.53mg (17.44%), Folate: 67.76µg (16.94%), Magnesium: 46.39mg (11.6%), Fiber: 2.64g (10.58%), Vitamin C: 8.7mg (10.54%), Calcium: 105.34mg (10.53%), Vitamin K: 10.39µg (9.89%), Copper: 0.18mg (9%), Vitamin B5: 0.88mg (8.76%), Vitamin E: 0.77mg (5.13%)