



## Bold 'n Saucy Cheeseburger

READY IN



20 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb extra-lean ground beef
- 0.3 cup a.1. bold & spicy sauce divided
- 4 milk singles 2% kraft
- 4 slices onion red
- 1 tomatoes cut into 4 slices
- 4 hamburger buns whole wheat

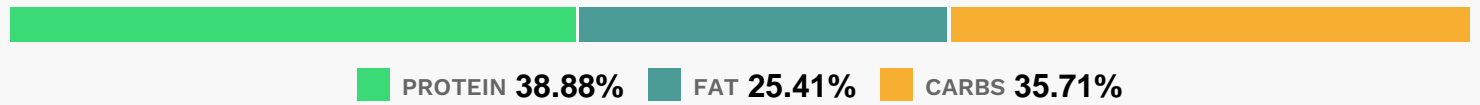
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Mix meat and 2 Tbsp. steak sauce; shape into 4 (1/2-inch-thick) patties. Spray both sides of onion slices with cooking spray.
- Grill patties 5 to 7 min. on each side or until done (160F), adding onions to grill after 2 min. and cooking until crisp-tender. Top burgers with 2% Milk Singles; grill 1 min. or until melted.
- Fill buns with burgers, tomatoes, onions and remaining steak sauce.

## Nutrition Facts



## Properties

Glycemic Index:3.25, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.6526087172653%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 60.68kcal (3.03%), Fat: 1.7g (2.61%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.9g (1.78%), Sugar: 1.54g (1.71%), Cholesterol: 14.08mg (4.69%), Sodium: 92.19mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Selenium: 6.83µg (9.75%), Vitamin B12: 0.51µg (8.5%), Vitamin B3: 1.69mg (8.44%), Zinc: 1.27mg (8.43%), Phosphorus: 58.36mg (5.84%), Vitamin B6: 0.11mg (5.28%), Manganese: 0.1mg (5.21%), Iron: 0.92mg (5.1%), Vitamin B2: 0.07mg (3.92%), Vitamin B1: 0.05mg (3.64%), Potassium: 111.82mg (3.19%), Folate: 12.59µg (3.15%), Magnesium: 9.93mg (2.48%), Copper: 0.04mg (2.08%), Vitamin B5: 0.2mg (2%), Fiber: 0.46g (1.85%), Vitamin C: 1.05mg (1.27%), Calcium: 12.09mg (1.21%), Vitamin A: 51.49IU (1.03%)