



Buffalo Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese blue crumbled
- 10.8 ounce campbell's® condensed tomato soup 25% canned (Regular or Less Sodium)
- 1 pound ground beef
- 4 classic hamburger buns split pepperidge farm®
- 0.5 teaspoon hot sauce louisiana-style
- 4 servings lettuce leaves
- 1 slices onion red
- 1 slices tomatoes

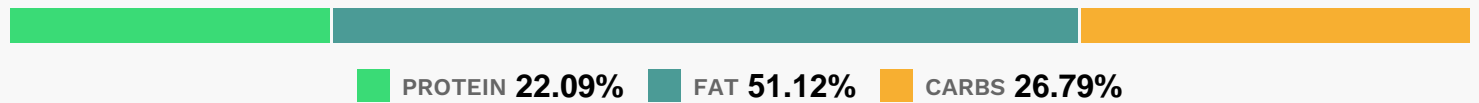
Equipment

- sauce pan
- grill

Directions

- Shape the beef into 4 (1/2-inch thick) burgers.
- Heat the soup and hot sauce in a 1-quart saucepan over medium heat.
- Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes. Keep warm.
- Lightly oil the grill rack and heat the grill to medium. Grill the burgers for 10 minutes for medium or until desired doneness, turning over halfway through cooking.
- Serve the burgers on rolls with lettuce, onion and tomato if desired. Top with the soup mixture.
- Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:17.05, Inflammation Score:-9, Nutrition Score:21.680869636328%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 524.12kcal (26.21%), Fat: 29.56g (45.47%), Saturated Fat: 12.31g (76.94%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 32.86g (11.95%), Sugar: 10.06g (11.17%), Cholesterol: 93.17mg (31.06%), Sodium: 790.11mg (34.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.47%), Selenium: 33.6µg (48%), Vitamin B12: 2.72µg (45.31%), Vitamin A: 2261.92IU (45.24%), Zinc: 5.71mg (38.04%), Vitamin B3: 7.56mg (37.79%), Phosphorus: 321.17mg (32.12%), Vitamin B6: 0.52mg (26.06%), Potassium: 898.41mg (25.67%), Iron: 4.42mg (24.56%), Vitamin B2: 0.4mg (23.42%), Vitamin B1: 0.35mg (23.16%), Manganese: 0.44mg (22.01%), Vitamin C:

16.27mg (19.72%), Calcium: 191.5mg (19.15%), Folate: 65.26µg (16.32%), Magnesium: 47.95mg (11.99%), Vitamin B5: 0.87mg (8.72%), Copper: 0.17mg (8.32%), Fiber: 1.99g (7.98%), Vitamin K: 7.51µg (7.15%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.2µg (1.32%)