



BULL'S-EYE Ultimate Grilled Burger

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce divided
- 1 lb ground beef
- 4 hamburger buns
- 1 large onion sliced
- 2 jalapeño peppers fresh chopped
- 4 deli deluxe process american cheese kraft
- 0.3 cup peppercorn ranch dressing kraft

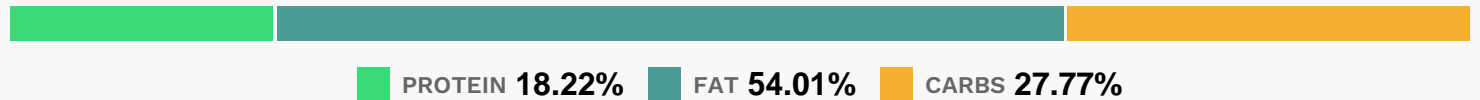
Equipment

- grill
- aluminum foil

Directions

- Heat greased grill to medium heat.
- Place onions in center of 18x12-inch sheet of heavy-duty foil. Top with 1 Tbsp. barbecue sauce. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.
- Mix meat, peppers and 1 Tbsp. of the remaining barbecue sauce; shape into 4 patties.
- Grill burgers and foil packet 14 to 18 min. or until burgers are done (160F), turning burgers over after 8 min. and brushing occasionally with remaining barbecue sauce.
- Remove foil packet after 15 min.
- Add buns, cut-sides down, to grill. Cook 2 min. or until toasted.
- Cut slits in packet to release steam before opening packet.
- Spread bottom halves of buns with dressing; cover with burgers, cheese, onion mixture and tops of buns.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:14.03, Inflammation Score:-7, Nutrition Score:24.333912984185%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 638.8kcal (31.94%), Fat: 38.08g (58.58%), Saturated Fat: 13.97g (87.28%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 41.31g (15.02%), Sugar: 19.2g (21.33%), Cholesterol: 105.41mg (35.14%), Sodium: 1145.97mg (49.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.79%), Vitamin C: 51.39mg (62.29%), Selenium: 34.13µg (48.75%), Vitamin B12: 2.85µg (47.55%), Phosphorus: 415.03mg (41.5%), Zinc: 5.8mg

(38.69%), Vitamin B3: 7.16mg (35.79%), Calcium: 332.35mg (33.24%), Vitamin B6: 0.61mg (30.71%), Vitamin K: 29.95µg (28.52%), Iron: 4.36mg (24.23%), Vitamin B2: 0.4mg (23.8%), Vitamin B1: 0.35mg (23.14%), Manganese: 0.43mg (21.5%), Potassium: 637.77mg (18.22%), Folate: 64.43µg (16.11%), Magnesium: 49.73mg (12.43%), Fiber: 2.74g (10.98%), Vitamin E: 1.6mg (10.64%), Copper: 0.21mg (10.41%), Vitamin A: 505.56IU (10.11%), Vitamin B5: 0.94mg (9.37%), Vitamin D: 0.25µg (1.7%)