

Burly Burger

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice processed cheese food
- 4 ounce beef hamburger patty
- 1 eggs
- 1 teaspoon mayonnaise
- 2 slices bread white

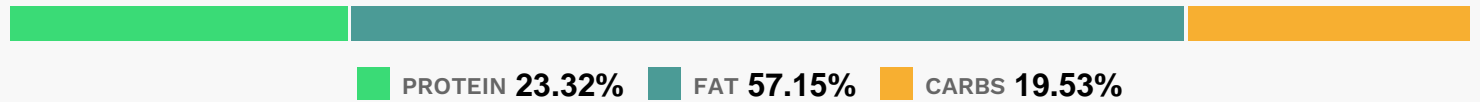
Equipment

- frying pan
- toaster

Directions

- Place the bread in a toaster set to your desired level of darkness.
- Heat a skillet over medium-high heat. Fry the hamburger patty for about 5 minutes per side, until cooked through. While the patty is cooking, spread mayonnaise on one side of each piece of toasted bread and place them on a plate, mayonnaise side up.
- Once the patty is cooked through, transfer it to one slice of bread. Crack the egg into the skillet and fry until the yolk is firm, about 3 minutes if you cover the pan.
- Place the egg onto the patty when done and top with a slice of cheese. Top with the other slice of bread. When finished, it should look like a sandwich.

Nutrition Facts



Properties

Glycemic Index:151.78, Glycemic Load:17.76, Inflammation Score:-5, Nutrition Score:21.291738883309%

Nutrients (% of daily need)

Calories: 534.36kcal (26.72%), Fat: 33.44g (51.45%), Saturated Fat: 13.23g (82.68%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 24.57g (8.93%), Sugar: 3.33g (3.7%), Cholesterol: 246.46mg (82.15%), Sodium: 761.2mg (33.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Selenium: 46.22µg (66.04%), Vitamin B12: 3.04µg (50.6%), Phosphorus: 443.5mg (44.35%), Zinc: 6.21mg (41.39%), Calcium: 357.85mg (35.78%), Vitamin B3: 6.79mg (33.95%), Vitamin B2: 0.55mg (32.5%), Iron: 4.78mg (26.55%), Vitamin B1: 0.32mg (21.56%), Folate: 84.86µg (21.22%), Vitamin B6: 0.38mg (18.76%), Manganese: 0.34mg (16.82%), Vitamin B5: 1.38mg (13.84%), Potassium: 452.78mg (12.94%), Magnesium: 44.69mg (11.17%), Copper: 0.19mg (9.34%), Vitamin A: 439.15IU (8.78%), Vitamin K: 7.3µg (6.95%), Vitamin D: 1.01µg (6.76%), Vitamin E: 0.87mg (5.81%), Fiber: 1.15g (4.6%)