



Cabo Beach Cheeseburger

READY IN



20 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chipotle aioli kraft
- 1 avocado cut into 12 slices
- 4 slices oscar mayer bacon
- 0.5 cup cilantro leaves fresh coarsely chopped
- 1 lb ground beef lean
- 4 big pepper jack cheese kraft
- 4 kaiser rolls split

Equipment

grill

Directions

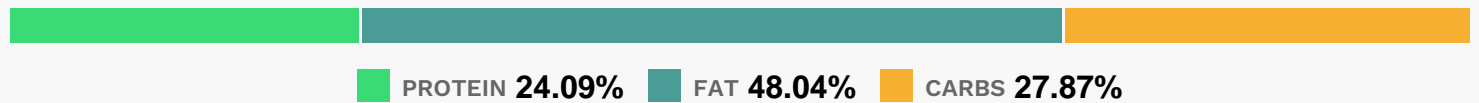
Heat grill to medium heat.

Shape ground beef into 4 (1/2-inch-thick) patties. Grill 4 to 5 min. on each side or until done (160F). Meanwhile, cook bacon as directed on package.

Top burgers with cheese; grill 1 min. or until melted.

Spread rolls with aioli; fill with cheeseburgers, bacon, avocados and cilantro.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:23.34, Inflammation Score:-4, Nutrition Score:19.881304362546%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 570.26kcal (28.51%), Fat: 29.9g (46%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 34.54g (12.56%), Sugar: 4.69g (5.21%), Cholesterol: 90.38mg (30.13%), Sodium: 654.11mg (28.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.74g (67.49%), Iron: 13.76mg (76.43%), Vitamin B12: 2.66µg (44.31%), Zinc: 6.39mg (42.62%), Vitamin B3: 8.01mg (40.06%), Selenium: 24.52µg (35.02%), Vitamin B6: 0.64mg (31.8%), Phosphorus: 287.74mg (28.77%), Potassium: 690.86mg (19.74%), Fiber: 4.49g (17.95%), Vitamin K: 17.12µg (16.3%), Vitamin B2: 0.27mg (16.05%), Vitamin B5: 1.56mg (15.62%), Folate: 47.79µg (11.95%), Magnesium: 42.95mg (10.74%), Vitamin E: 1.5mg (10.03%), Copper: 0.2mg (9.84%), Vitamin B1: 0.14mg (9.49%), Vitamin C: 5.57mg (6.75%), Manganese: 0.09mg (4.69%), Vitamin A: 224.15IU (4.48%), Calcium: 32.53mg (3.25%), Vitamin D: 0.21µg (1.38%)