



Caesar Burgers

READY IN



25 min.

SERVINGS



25

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp classic caesar dressing divided kraft
- 2 cloves garlic minced
- 1 lb ground beef
- 4 hamburger buns
- 4 slim cut mozzarella cheese kraft
- 0.3 cup parmesan cheese divided grated kraft
- 2 cups torn romaine lettuce loosely packed

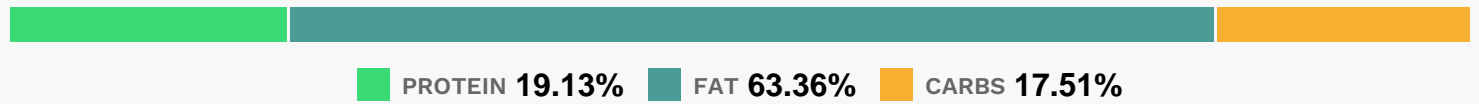
Equipment

grill

Directions

- Heat grill to medium heat.
- Mix meat, garlic and 3 Tbsp. Parmesan just until blended; shape into 4 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (160F). Top with mozzarella; grill 1 min. or until melted.
- Toss lettuce with 2 Tbsp. dressing and remaining Parmesan. Fill buns with lettuce mixture, burgers and remaining dressing.

Nutrition Facts



Properties

Glycemic Index:4.76, Glycemic Load:2.08, Inflammation Score:-3, Nutrition Score:3.2843477907388%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 90.09kcal (4.5%), Fat: 6.27g (9.64%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.67g (1.33%), Sugar: 0.65g (0.72%), Cholesterol: 15.25mg (5.08%), Sodium: 107.68mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin K: 8.24µg (7.85%), Selenium: 5.08µg (7.25%), Vitamin B12: 0.42µg (7%), Vitamin A: 338.52IU (6.77%), Zinc: 0.87mg (5.81%), Vitamin B3: 1.07mg (5.35%), Phosphorus: 44.69mg (4.47%), Iron: 0.67mg (3.73%), Vitamin B6: 0.07mg (3.52%), Vitamin B1: 0.05mg (3.27%), Folate: 13µg (3.25%), Vitamin B2: 0.05mg (3.2%), Calcium: 26.19mg (2.62%), Manganese: 0.05mg (2.6%), Potassium: 70.62mg (2.02%), Vitamin E: 0.27mg (1.8%), Magnesium: 5.71mg (1.43%), Copper: 0.02mg (1.09%), Vitamin B5: 0.1mg (1.04%)