



California Cheeseburgers

READY IN



30 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 1 lb extra-lean ground beef
- 0.5 cup guacamole
- 4 grain hamburger buns whole toasted
- 4 lettuce leaves
- 8 onion rings red
- 4 big sharp cheddar cheese kraft
- 1 tomatoes cut into 4 slices

Equipment

grill

Directions

Heat grill to medium heat.

Mix meat and barbecue sauce; shape into 4 (1/2-inch-thick) patties.

Grill patties 4 to 5 min. on each side or until done (160F). Top with cheese; grill 1 to 2 min. or until melted.

Spread buns with guacamole; fill with lettuce, cheeseburgers, tomatoes and onions.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:17.96, Inflammation Score:-10, Nutrition Score:27.639999920907%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 44.84mg, Quercetin: 44.84mg, Quercetin: 44.84mg, Quercetin: 44.84mg

Nutrients (% of daily need)

Calories: 441.16kcal (22.06%), Fat: 12.62g (19.42%), Saturated Fat: 3.88g (24.22%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 42.87g (15.59%), Sugar: 16.54g (18.38%), Cholesterol: 71.31mg (23.77%), Sodium: 400.6mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.68%), Selenium: 33.19µg (47.41%), Vitamin B3: 9.16mg (45.78%), Zinc: 6.81mg (45.41%), Vitamin B12: 2.64µg (43.95%), Vitamin B6: 0.87mg (43.58%), Vitamin A: 2112.62IU (42.25%), Phosphorus: 368.63mg (36.86%), Manganese: 0.7mg (34.76%), Vitamin C: 28.55mg (34.6%), Folate: 127.31µg (31.83%), Potassium: 1057.51mg (30.21%), Vitamin B1: 0.44mg (29.32%), Fiber: 7.29g (29.17%), Iron: 5.16mg (28.68%), Vitamin B2: 0.45mg (26.43%), Magnesium: 73.78mg (18.44%), Copper: 0.3mg (15.2%), Calcium: 148.07mg (14.81%), Vitamin B5: 1.48mg (14.78%), Vitamin K: 12.45µg (11.86%), Vitamin E: 1.44mg (9.59%)