

# Campbell's Kitchen French Onion Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices processed cheese food
- 10.5 ounce campbell's® condensed onion soup french canned
- 1 pound ground beef
- 4 portugese rolls hard

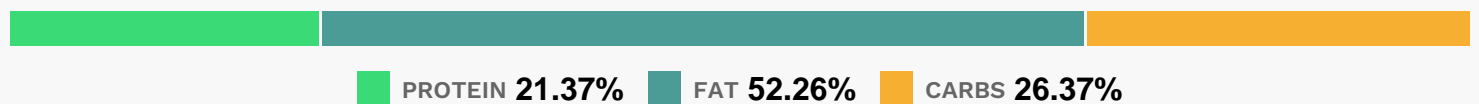
## Equipment

- frying pan

## Directions

- Shape the beef into 4 (1/2-inch) thick burgers.
- Heat a 10-inch skillet over medium-high heat.
- Add the burgers and cook until they're well browned on both sides.
- Remove the burgers and set aside.
- Pour off any fat.
- Stir in the soup.
- Heat to a boil. Return the burgers to the skillet and reduce the heat to low. Cover and cook for 5 minutes or until the burgers are cooked through. Top with cheese and continue cooking until the cheese melts.
- Serve burgers in rolls with soup mixture for dipping.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:23.17, Inflammation Score:-1, Nutrition Score:15.545652218487%

## Nutrients (% of daily need)

Calories: 565.97kcal (28.3%), Fat: 32.44g (49.91%), Saturated Fat: 13.08g (81.77%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 35.18g (12.79%), Sugar: 7.16g (7.96%), Cholesterol: 104.49mg (34.83%), Sodium: 1103.4mg (47.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.86g (59.71%), Iron: 12.98mg (72.12%), Vitamin B12: 2.74µg (45.7%), Zinc: 5.26mg (35.09%), Phosphorus: 313.78mg (31.38%), Selenium: 21.25µg (30.36%), Calcium: 258.16mg (25.82%), Vitamin B3: 4.81mg (24.05%), Potassium: 664.31mg (18.98%), Vitamin B6: 0.38mg (18.88%), Vitamin B2: 0.22mg (12.76%), Fiber: 1.66g (6.64%), Vitamin B5: 0.65mg (6.54%), Magnesium: 24.74mg (6.18%), Vitamin E: 0.63mg (4.22%), Vitamin A: 198.45IU (3.97%), Copper: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.46%), Vitamin K: 2.59µg (2.46%), Folate: 9.62µg (2.4%), Vitamin D: 0.24µg (1.6%)