



Cheeseburger Buns

READY IN



40 min.

SERVINGS



16

CALORIES



305 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup water (110° to 115°)
- 0.8 cup milk whole (110° to 115°)
- 0.3 cup sugar
- 0.3 cup shortening
- 1 large eggs
- 1 teaspoon salt
- 3.5 cups flour all-purpose
- 1.5 pounds ground beef

- 0.3 cup onion chopped
- 8 ounces tomato sauce canned
- 8 slices processed cheese food quartered

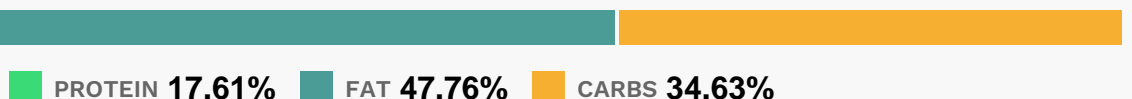
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast in warm water.
- Add the milk, sugar, shortening, egg, salt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 4–6 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 30 minutes.
- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in tomato sauce.
- Remove from the heat; set aside.
- Punch dough down; divide into 16 pieces. On a lightly floured surface, gently roll out and stretch each piece into a 5-in. circle. Top each circle with two pieces of cheese and about 3 tablespoons beef mixture. Bring dough over filling to center; pinch edges to seal.
- Place seam side down on a greased baking sheet. Cover and let rise in a warm place until doubled, about 20 minutes.
- Bake at 400° for 8–12 minutes or until golden brown.
- Serve warm. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:17.88, Inflammation Score:-4, Nutrition Score:10.999130440795%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 305.46kcal (15.27%), Fat: 16.1g (24.77%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.04g (9.11%), Sugar: 4.6g (5.11%), Cholesterol: 53.69mg (17.9%), Sodium: 426.89mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.71%), Selenium: 19.13µg (27.33%), Vitamin B1: 0.34mg (22.99%), Vitamin B3: 3.93mg (19.67%), Folate: 77.81µg (19.45%), Vitamin B12: 1.16µg (19.3%), Phosphorus: 191.96mg (19.2%), Vitamin B2: 0.3mg (17.56%), Zinc: 2.42mg (16.17%), Calcium: 140.5mg (14.05%), Iron: 2.38mg (13.22%), Manganese: 0.22mg (10.9%), Vitamin B6: 0.2mg (9.88%), Potassium: 233.7mg (6.68%), Vitamin B5: 0.65mg (6.54%), Magnesium: 20.65mg (5.16%), Fiber: 1.23g (4.93%), Copper: 0.1mg (4.76%), Vitamin E: 0.71mg (4.76%), Vitamin A: 196.06IU (3.92%), Vitamin K: 3.28µg (3.12%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1.18mg (1.43%)