



Cheeseburger Joes

READY IN



15 min.

SERVINGS



15

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 4 hamburger buns
- 4 singles kraft
- 1 lb ground beef lean
- 0.3 cup heinz tomato ketchup

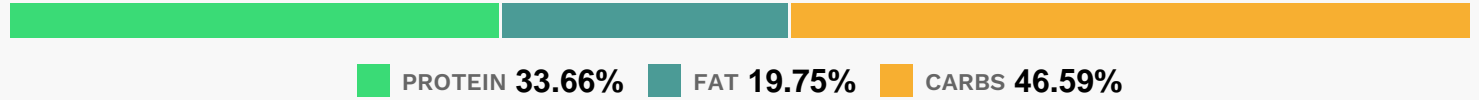
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Add barbecue sauce and ketchup; mix well. Cook 5 min. or until heated through, stirring occasionally.
- Fill buns with meat mixture and Singles.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:4.5617391473573%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 94.25kcal (4.71%), Fat: 2.03g (3.12%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.46g (3.8%), Sugar: 4.87g (5.41%), Cholesterol: 18.79mg (6.26%), Sodium: 214.54mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.55%), Selenium: 8.53µg (12.19%), Vitamin B12: 0.7µg (11.67%), Vitamin B3: 2.25mg (11.27%), Zinc: 1.65mg (11.02%), Phosphorus: 76.86mg (7.69%), Vitamin B6: 0.14mg (6.96%), Iron: 1.19mg (6.6%), Vitamin B2: 0.1mg (5.62%), Vitamin B1: 0.08mg (5.15%), Potassium: 152.6mg (4.36%), Manganese: 0.08mg (4.12%), Folate: 12.84µg (3.21%), Magnesium: 11.05mg (2.76%), Calcium: 24.88mg (2.49%), Copper: 0.05mg (2.3%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.25mg (1.67%), Fiber: 0.3g (1.22%)