



## Cheeseburger Kabobs

READY IN



35 min.

SERVINGS



13

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz cheddar cheese cubes kraft
- 13 cherry tomatoes
- 0.5 tsp garlic powder
- 2 lb ground beef
- 0.5 cup miracle whip dressing
- 1 lb mushrooms
- 1 small bell pepper green red cut into chunks
- 1 cup seasoned bread crumbs dry
- 26 wooden skewers

26 wooden skewers

## Equipment

bowl

oven

baking pan

skewers

## Directions

Preheat oven to 350F.

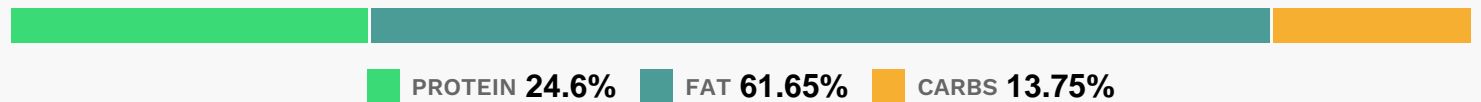
Mix meat, dressing, bread crumbs and garlic powder in large bowl. Shape into 52 meatballs, each about 1-1/2 inches in diameter.

Place in single layer in 15x10x1-inch baking pan.

Bake 25 minutes or until cooked through.

Arrange meatballs, cheese cubes, tomatoes, peppers and mushrooms evenly on skewers.

## Nutrition Facts



## Properties

Glycemic Index:5.69, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:12.860434827597%

## Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 304.29kcal (15.21%), Fat: 20.81g (32.01%), Saturated Fat: 8.91g (55.72%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.22g (3.35%), Sugar: 2.85g (3.17%), Cholesterol: 67.97mg (22.66%), Sodium: 365.32mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.36%), Selenium: 21.04µg (30.06%), Vitamin B12: 1.72µg (28.74%), Zinc: 3.91mg (26.04%), Vitamin B3: 4.91mg (24.53%), Phosphorus: 243.39mg (24.34%), Vitamin B2: 0.36mg (21.43%), Vitamin B6: 0.32mg (15.88%), Calcium: 156.87mg (15.69%), Iron: 2.16mg (12.02%), Vitamin C: 9.44mg (11.44%), Potassium: 387.38mg (11.07%), Vitamin B1: 0.16mg (10.79%), Vitamin B5: 1.03mg

(10.31%), Copper: 0.2mg (9.95%), Manganese: 0.14mg (7.1%), Folate: 28.3µg (7.07%), Magnesium: 26.15mg (6.54%), Vitamin K: 6.82µg (6.49%), Vitamin A: 303.58IU (6.07%), Fiber: 1.21g (4.86%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.24µg (1.63%)