



Cheeseburger Salad

READY IN



40 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup dill pickle finely chopped
- ☐ 2 hamburger buns split cut into 3/4 inch strips*
- ☐ 1 cup catsup
- ☐ 1 pound ground beef lean
- ☐ 8 cups lettuce chopped
- ☐ 2 plum tomatoes chopped
- ☐ 0.5 small onion red sliced
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 tablespoon mustard yellow prepared

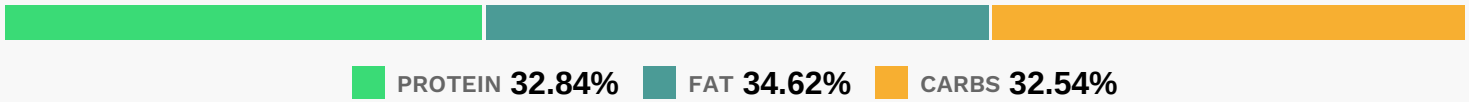
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Arrange the strips in a single layer on a baking sheet, and bake for 8 to 10 minutes, until the strips are lightly toasted. Set the strips aside.
- ☐ Place the ground beef into a skillet over medium heat, and brown the meat for about 10 to 12 minutes, breaking the beef apart as it cooks, until the meat is well browned and no longer pink inside. Stir the chopped onion, ketchup, dill pickle, and mustard into the beef mixture and mix well.
- ☐ Arrange the chopped lettuce on a large serving platter, and spoon the beef mixture over the lettuce. Top the salad with the sliced onion, plum tomatoes, and shredded cheese, and arrange the hamburger bun croutons around the platter.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:5.37, Inflammation Score:-7, Nutrition Score:17.335652195889%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 284.58kcal (14.23%), Fat: 11.1g (17.08%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 21.32g (7.75%), Sugar: 12.64g (14.04%), Cholesterol: 65.7mg (21.9%), Sodium: 741.46mg (32.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.4%), Selenium: 23.65µg (33.79%), Zinc:

4.94mg (32.9%), Vitamin B12: 1.92µg (32.03%), Phosphorus: 292.24mg (29.22%), Vitamin B3: 5.61mg (28.06%), Vitamin K: 29.41µg (28.01%), Vitamin B6: 0.46mg (22.76%), Vitamin A: 1071.89IU (21.44%), Vitamin B2: 0.35mg (20.74%), Calcium: 196.06mg (19.61%), Potassium: 620.78mg (17.74%), Iron: 3mg (16.65%), Manganese: 0.3mg (14.99%), Folate: 58.62µg (14.65%), Vitamin B1: 0.18mg (12.02%), Magnesium: 42.16mg (10.54%), Vitamin C: 8.28mg (10.04%), Fiber: 2.16g (8.64%), Vitamin E: 1.28mg (8.57%), Copper: 0.16mg (7.94%), Vitamin B5: 0.71mg (7.12%), Vitamin D: 0.19µg (1.26%)