



Cheesy Mini-Burgers

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp garlic powder
- 2.7 cups rice white hot instant cooked
- 1 lb ground beef lean
- 1 cup cheddar cheese shredded divided kraft
- 0.5 cup heinz tomato ketchup divided

Equipment

- baking sheet
- oven

aluminum foil

Directions

Heat oven to 400F.

Mix meat, 2/3 cup cheese, 1/4 cup ketchup and garlic powder; shape into 12 balls.

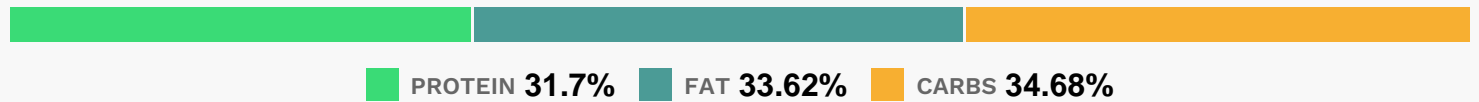
Place, 4-inches apart, on foil-covered baking sheet sprayed with cooking spray; flatten each into 1/2-inch-thick patty.

Bake 15 min. or until done (160F); drain.

Spread patties with remaining ketchup. Top with remaining cheese; bake 5 min. or until melted.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.5904347728128%

Flavonoids

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

Nutrients (% of daily need)

Calories: 57.45kcal (2.87%), Fat: 2.11g (3.25%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.8g (1.75%), Sugar: 0.87g (0.96%), Cholesterol: 13.14mg (4.38%), Sodium: 71.51mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Zinc: 0.99mg (6.59%), Selenium: 4.44µg (6.34%), Vitamin B12: 0.38µg (6.31%), Vitamin B3: 1.14mg (5.73%), Phosphorus: 53.87mg (5.39%), Vitamin B6: 0.08mg (3.82%), Iron: 0.64mg (3.57%), Folate: 12.2µg (3.05%), Calcium: 29.81mg (2.98%), Vitamin B2: 0.05mg (2.87%), Manganese: 0.06mg (2.83%), Potassium: 68.39mg (1.95%), Magnesium: 5.64mg (1.41%), Vitamin B1: 0.02mg (1.26%), Vitamin B5: 0.12mg (1.23%), Vitamin A: 58.26IU (1.17%), Copper: 0.02mg (1.1%)