



Cheesy "Steakburger"

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 0.3 cup a.1. original sauce divided
- 4 leaf lettuce leaves
- 4 deli deluxe process american cheese kraft
- 4 kaiser rolls split toasted
- 8 slices tomatoes thin

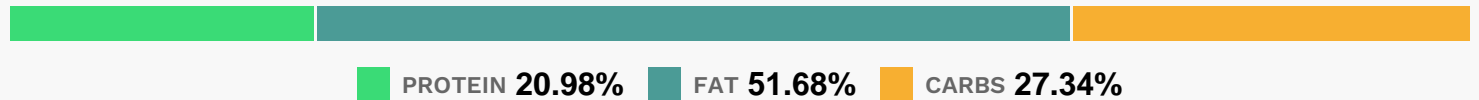
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix meat with 2 Tbsp. A.
- just until blended; shape into 4 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (160F). Top with cheese; grill 1 min. or until melted.
- Cover bottom halves of rolls with lettuce and tomatoes; top with cheeseburgers and remaining A.
- Cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:3.0321739076272%

Nutrients (% of daily need)

Calories: 111.55kcal (5.58%), Fat: 6.32g (9.72%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 7.3g (2.65%), Sugar: 1.66g (1.84%), Cholesterol: 20.3mg (6.77%), Sodium: 179.45mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Iron: 2.6mg (14.44%), Vitamin B12: 0.55µg (9.14%), Zinc: 1.05mg (7.02%), Phosphorus: 62.91mg (6.29%), Selenium: 4.25µg (6.07%), Calcium: 49.36mg (4.94%), Vitamin B3: 0.96mg (4.83%), Vitamin B6: 0.08mg (3.8%), Vitamin B2: 0.04mg (2.57%), Potassium: 68.11mg (1.95%), Vitamin B5: 0.13mg (1.31%), Magnesium: 5.02mg (1.25%), Vitamin A: 57.83IU (1.16%)