



Chinese-Style Cheeseburgers



Gluten Free

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READY IN

ready

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15 min.

SERVINGS

servings

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6

CALORIES

calories

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284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cheddar cheese cubed
- ☐ 2 teaspoons chile sauce
- ☐ 1 pound ground beef
- ☐ 2 teaspoons mustard prepared
- ☐ 1 onion finely chopped
- ☐ 3 teaspoons soya sauce
- ☐ 0.8 cup water chestnuts chopped

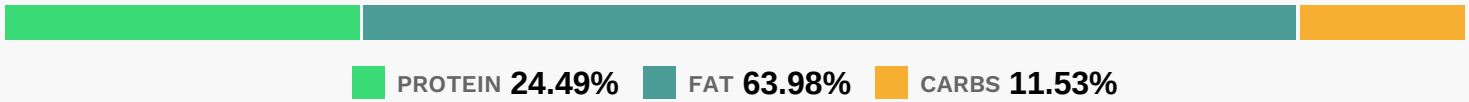
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, combine the ground beef, water chestnuts, cheese, onion, chile sauce, mustard and soy sauce.
- ☐ Mix together well and form into 6 patties.
- ☐ Using a griddle or skillet, cook the patties over medium heat for about 5 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:9.7947825608046%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 20.03g (30.81%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 6.55g (2.38%), Sugar: 2.27g (2.52%), Cholesterol: 67.8mg (22.6%), Sodium: 414.95mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin B12: 1.77µg (29.46%), Zinc: 3.9mg (26%), Selenium: 16.33µg (23.33%), Phosphorus: 203.63mg (20.36%), Vitamin B6: 0.35mg (17.66%), Vitamin B3: 3.51mg (17.55%), Calcium: 121.03mg (12.1%), Vitamin B2: 0.2mg (11.5%), Iron: 2.01mg (11.17%), Potassium: 302.6mg (8.65%), Fiber: 1.58g (6.31%), Magnesium: 22.76mg (5.69%), Vitamin B5: 0.54mg (5.39%), Copper: 0.11mg (5.36%), Manganese: 0.1mg (5%), Vitamin E: 0.65mg (4.3%), Folate: 14.94µg (3.74%), Vitamin B1: 0.05mg (3.65%), Vitamin A: 143.08IU (2.86%), Vitamin C: 1.93mg (2.34%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.16µg (1.07%)