



## Classic BBQ Burger

READY IN



15 min.

SERVINGS



15

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp original barbecue sauce kraft
- 4 hamburger buns split
- 1 lb ground beef lean
- 0.3 cup parmesan cheese grated kraft

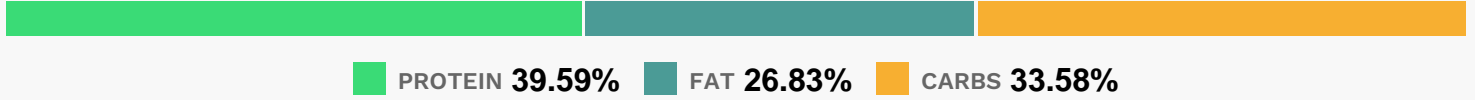
### Equipment

- grill

### Directions

- Preheat grill to medium heat.
- Mix all ingredients except buns until well blended. Shape into four patties.
- Grill 5 min. on each side or until cooked through (160F).
- Serve in buns topped with your favorite salsa or condiments.

## Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:4.4321739265452%

## Nutrients (% of daily need)

Calories: 84.34kcal (4.22%), Fat: 2.44g (3.76%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.65g (2.42%), Sugar: 1.59g (1.76%), Cholesterol: 20.2mg (6.73%), Sodium: 129.12mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Selenium: 8.99µg (12.85%), Vitamin B12: 0.72µg (12.05%), Zinc: 1.7mg (11.33%), Vitamin B3: 2.16mg (10.78%), Phosphorus: 82.48mg (8.25%), Vitamin B6: 0.13mg (6.44%), Iron: 1.13mg (6.31%), Vitamin B2: 0.09mg (5.28%), Vitamin B1: 0.08mg (5.04%), Potassium: 126.94mg (3.63%), Manganese: 0.07mg (3.54%), Calcium: 34.71mg (3.47%), Folate: 12.44µg (3.11%), Magnesium: 10.17mg (2.54%), Vitamin B5: 0.2mg (2.03%), Copper: 0.04mg (1.9%)