



Cowboy Burgers

READY IN



20 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb ground beef patties
- 8 hamburger buns
- 3 Tbsp a.1. original sauce
- 8 singles kraft
- 2 Tbsp olive oil
- 2 lb onions sweet separated thinly sliced
- 2 tomatoes sliced

Equipment

frying pan

grill

Directions

Heat grill to medium heat.

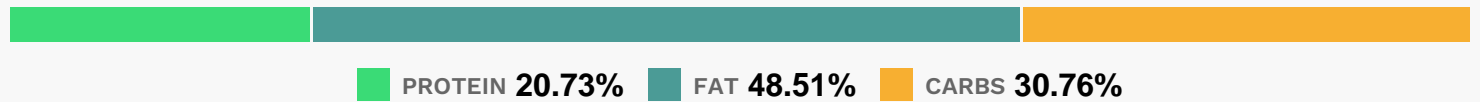
Grill patties 5 min. on each side or until done (160F).

Meanwhile, heat oil in large skillet on medium-high heat.

Add onions; cook and stir 10 min. or until golden brown, stirring frequently. Stir in steak sauce.

Fill buns with tomatoes, burgers, Singles and onion mixture.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:13.19, Inflammation Score:-7, Nutrition Score:17.02956533432%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 16.64mg, Quercetin: 16.64mg, Quercetin: 16.64mg, Quercetin: 16.64mg

Nutrients (% of daily need)

Calories: 432.41kcal (21.62%), Fat: 23.14g (35.6%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 30.84g (11.22%), Sugar: 11g (12.22%), Cholesterol: 60.26mg (20.09%), Sodium: 387.49mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.49%), Selenium: 29.05µg (41.49%), Vitamin B12: 2.41µg (40.18%), Zinc: 5.21mg (34.74%), Vitamin B3: 6.49mg (32.46%), Phosphorus: 255.08mg (25.51%), Vitamin B1: 0.34mg (22.67%), Iron: 4.06mg (22.56%), Vitamin B6: 0.44mg (22.09%), Vitamin B2: 0.34mg (20.03%), Folate: 77.92µg (19.48%), Manganese: 0.38mg (18.92%), Potassium: 567.72mg (16.22%), Vitamin C: 10.22mg (12.38%), Magnesium: 43.89mg (10.97%), Copper: 0.21mg (10.56%), Calcium: 102.77mg (10.28%), Fiber: 2.17g (8.66%), Vitamin K: 6.94µg (6.61%), Vitamin A: 279.37IU (5.59%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.49mg (4.89%)