



Five-Cheese Skillet Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 4 hamburger buns
- 1 cup italian* five cheese blend shredded divided kraft finely
- 1 lb ground beef lean
- 2 Tbsp heinz tomato ketchup
- 2 tsp lea & perrins worcestershire sauce
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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Equipment

frying pan

Directions

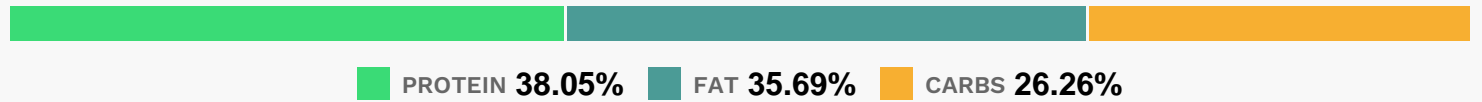
Mix first 5 ingredients.

Add 1/2 cup cheese; mix well. Shape into 4 (1/2-inch-thick) patties.

Cook, covered, in nonstick skillet on medium heat 5 min. Turn burgers; sprinkle with remaining cheese. Cook, uncovered, 5 min. or until burgers are done (160F).

Serve in buns.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:-3, Nutrition Score:17.215217616247%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 391.83kcal (19.59%), Fat: 15.41g (23.7%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 24.71g (8.98%), Sugar: 5.28g (5.87%), Cholesterol: 116.83mg (38.94%), Sodium: 472.18mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.91%), Selenium: 34.88µg (49.83%), Vitamin B12: 2.72µg (45.4%), Zinc: 6.25mg (41.65%), Vitamin B3: 8.18mg (40.89%), Phosphorus: 293.75mg (29.37%), Iron: 4.55mg (25.31%), Vitamin B6: 0.5mg (25.19%), Vitamin B2: 0.38mg (22.27%), Vitamin B1: 0.29mg (19.16%), Potassium: 507.88mg (14.51%), Calcium: 138.77mg (13.88%), Folate: 52.26µg (13.07%), Manganese: 0.26mg (13.03%), Magnesium: 37.65mg (9.41%), Vitamin B5: 0.9mg (9.01%), Copper: 0.16mg (7.77%), Vitamin E: 0.68mg (4.5%), Fiber: 0.8g (3.2%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.33µg (2.22%), Vitamin A: 105.81IU (2.12%), Vitamin C: 1.3mg (1.57%)