



Grilled Cheddar Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 bread french (1/)
- 4 oz cheddar cheese
- 0.5 teaspoon garlic powder
- 1 lb ground beef lean
- 2 tablespoons butter softened
- 4 oz mushrooms drained canned
- 0.3 cup onion finely chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels

Directions

- In medium bowl, combine ground beef, onion, mushrooms, garlic powder, salt, pepper and Worcestershire sauce; mix well. Shape mixture into 4 oval-shaped patties, about 1/2 inch thick.
- Heat large nonstick skillet over medium heat until hot.
- Add patties; cook 10 to 12 minutes or until thoroughly cooked, turning once.
- Remove patties from skillet; cover to keep warm.
- Drain drippings from skillet and discard; carefully wipe skillet with paper towels.
- To assemble sandwiches, spread margarine on one side of each bread slice. With margarine on outside of sandwiches, assemble 4 sandwiches with cheese slices and ground beef patties.
- Heat same skillet over medium heat until hot.
- Add sandwiches; cook about 1 minute on each side or until bread begins to brown and sandwich is hot. If desired, serve with ketchup, mustard or chili sauce.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:14.92, Inflammation Score:-6, Nutrition Score:24.166521912036%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 487.74kcal (24.39%), Fat: 23.59g (36.3%), Saturated Fat: 9.57g (59.84%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.09g (9.85%), Sugar: 4.45g (4.94%), Cholesterol: 98.66mg (32.89%), Sodium: 758.05mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38g (76%), Selenium: 46.67µg (66.67%), Vitamin B3: 10.43mg (52.13%), Zinc: 7.58mg (50.5%), Vitamin B12: 2.86µg (47.65%), Phosphorus: 458.15mg (45.81%), Manganese: 0.73mg (36.4%), Vitamin B2: 0.57mg (33.57%), Calcium: 288.43mg (28.84%), Vitamin B6: 0.57mg (28.75%), Iron: 5.04mg (27.98%), Vitamin B1: 0.32mg (21.06%), Potassium: 619mg (17.69%), Vitamin B5: 1.75mg (17.51%), Folate: 66.33µg (16.58%), Magnesium: 60.02mg (15.01%), Copper: 0.28mg (14.02%), Fiber: 2.76g (11.04%), Vitamin A: 537.64IU (10.75%), Vitamin E: 0.86mg (5.76%), Vitamin K: 4.03µg (3.83%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.66mg (2.01%)