



## Grilled Cheddar Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 lb ground beef lean
- ☐ 0.3 cup onion finely chopped
- ☐ 4 oz mushroom stems and pieces drained canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 tablespoons butter softened
- ☐ 8 irish oats french (1/)

☐ 4 oz cheddar cheese

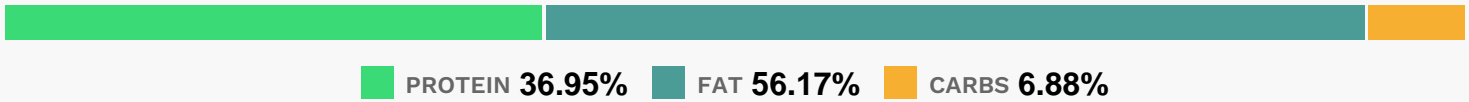
Equipment

- ☐ 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:37, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:15.531304276508%

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: 351.66kcal (17.58%), Fat: 21.56g (33.16%), Saturated Fat: 9.3g (58.15%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.25g (1.91%), Sugar: 1.13g (1.26%), Cholesterol: 99.79mg (33.26%), Sodium: 585.59mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.82%), Vitamin B12: 2.85µg (47.46%), Zinc: 6.85mg (45.64%), Selenium: 27.91µg (39.87%), Phosphorus: 361.53mg (36.15%), Vitamin B3: 6.27mg (31.36%), Vitamin B6: 0.48mg (24.16%), Calcium: 241.55mg (24.15%), Vitamin B2: 0.32mg (18.56%), Potassium: 628.21mg (17.95%), Iron: 2.96mg (16.46%), Vitamin A: 536.52IU (10.73%), Vitamin B5: 0.87mg (8.68%), Magnesium: 34.51mg (8.63%), Copper: 0.11mg (5.37%), Vitamin E: 0.75mg (5.03%), Vitamin B1: 0.06mg (4.19%), Folate: 13.91µg (3.48%), Fiber: 0.68g (2.73%), Manganese: 0.05mg (2.35%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.28µg (1.22%), Vitamin C: 0.95mg (1.16%)