



## Grilled Nacho Cheeseburgers

READY IN



15 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 spring onion sliced
- ☐ 8 ground beef patties frozen lean
- ☐ 8 hawaiian rolls split toasted
- ☐ 0.5 cup nacho cheese dip
- ☐ 0.5 teaspoon garlic

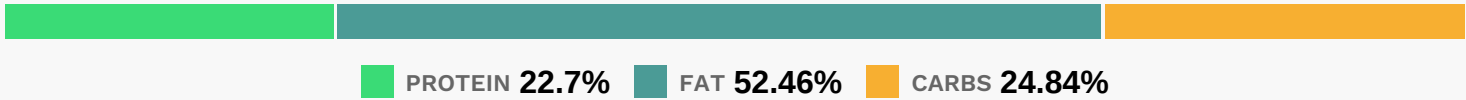
### Equipment

- ☐ grill

# Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Sprinkle 1 side of each frozen ground beef patty with garlic pepper.
- ☐ Cover and grill patties, pepper side up, 4 to 5 inches from medium heat about 10 minutes for medium doneness, turning once. During last minute of grilling, spoon 1 tablespoon cheese sauce onto each patty; spread slightly. Cover and grill until cheese sauce begins to melt.
- ☐ Sprinkle with onions.
- ☐ Serve on buns.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:13.08, Inflammation Score:-4, Nutrition Score:14.996087032816%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 383.59kcal (19.18%), Fat: 22.08g (33.97%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.45g (8.16%), Sugar: 4g (4.45%), Cholesterol: 61.22mg (20.41%), Sodium: 419.39mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.5g (42.99%), Selenium: 28.52µg (40.74%), Vitamin B12: 2.4µg (40.04%), Zinc: 5.02mg (33.46%), Vitamin B3: 6.21mg (31.04%), Vitamin K: 26.91µg (25.63%), Iron: 3.84mg (21.31%), Phosphorus: 212.01mg (21.2%), Vitamin B1: 0.29mg (19.27%), Vitamin B2: 0.32mg (18.72%), Manganese: 0.28mg (13.97%), Vitamin B6: 0.28mg (13.93%), Folate: 54.89µg (13.72%), Potassium: 390.3mg (11.15%), Calcium: 89.37mg (8.94%), Magnesium: 32.68mg (8.17%), Copper: 0.14mg (6.99%), Fiber: 1.09g (4.36%), Vitamin A: 199.34IU (3.99%), Vitamin B5: 0.36mg (3.59%), Vitamin C: 2.87mg (3.48%), Vitamin E: 0.18mg (1.21%)