



Grilled Ranch Cheeseburgers

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup ranch dressing
- ☐ 0.3 teaspoon pepper
- ☐ 3 oz processed cheese food
- ☐ 4 sandwich rolls split
- ☐ 12 slices dill pickle

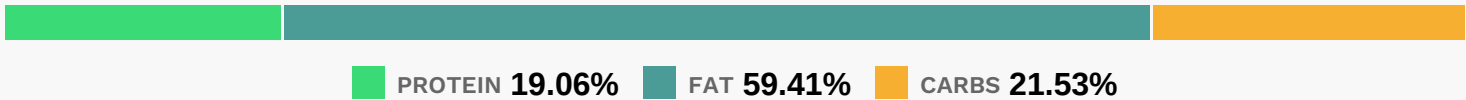
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat closed medium-size contact grill for 5 minutes. In medium bowl, mix beef, onion, parsley, 3 tablespoons of the dressing and the pepper. Shape mixture into 4 patties, about 3/4 inch thick.
- ☐ Place patties on grill. Close grill. Grill 4 to 6 minutes or until meat thermometer inserted in center of patties reads 160°F and patties are no longer pink in center. Top each patty with cheese slice.
- ☐ Let stand on grill about 3 minutes or until cheese is melted.
- ☐ Spread remaining ranch dressing on cut sides of buns.
- ☐ Place cheese-topped patties and pickles in buns.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:24.077391489692%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 625.95kcal (31.3%), Fat: 40.85g (62.84%), Saturated Fat: 14.29g (89.32%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 31.65g (11.51%), Sugar: 2.92g (3.25%), Cholesterol: 106.97mg (35.66%), Sodium: 948.31mg (41.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Vitamin K: 91.98µg (87.6%),

Selenium: 44.35µg (63.36%), Vitamin B12: 2.78µg (46.33%), Phosphorus: 415.41mg (41.54%), Zinc: 5.9mg (39.34%), Vitamin B3: 7.3mg (36.51%), Calcium: 312mg (31.2%), Vitamin B2: 0.43mg (25.58%), Iron: 4.54mg (25.2%), Vitamin B1: 0.34mg (22.45%), Vitamin B6: 0.42mg (21.02%), Folate: 72.45µg (18.11%), Manganese: 0.33mg (16.35%), Potassium: 449mg (12.83%), Magnesium: 44.49mg (11.12%), Vitamin B5: 1.08mg (10.79%), Vitamin A: 530.8IU (10.62%), Copper: 0.19mg (9.38%), Vitamin E: 1.35mg (9.02%), Vitamin C: 5.79mg (7.02%), Fiber: 1.67g (6.67%), Vitamin D: 0.26µg (1.74%)