



Grilled Taco Cheeseburgers

READY IN



30 min.

SERVINGS



30

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 4 singles kraft
- 4 lettuce leaves
- 0.5 cup taco bellâ® & chunky salsa thick
- 4 kaiser rolls split toasted
- 1.3 oz taco bellâ® taco seasoning mix

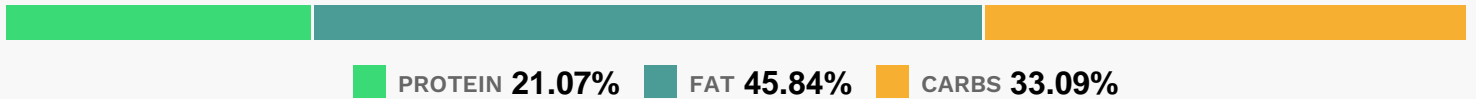
Equipment

- grill

Directions

- Preheat grill to medium heat.
- Mix meat and seasoning mix; shape into 4 patties.
- Grill patties 7 to 9 minutes on each side or until cooked through; top with Singles. Grill an additional 1 to 2 minutes or until Singles are melted.
- Top bottom halves of rolls with lettuce, burgers and salsa. Cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:3.06, Inflammation Score:-3, Nutrition Score:2.3091304422073%

Nutrients (% of daily need)

Calories: 65.66kcal (3.28%), Fat: 3.33g (5.12%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.93g (1.79%), Sugar: 1.01g (1.12%), Cholesterol: 10.76mg (3.59%), Sodium: 175.49mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Iron: 1.84mg (10.22%), Vitamin A: 371.43IU (7.43%), Vitamin B12: 0.32µg (5.39%), Zinc: 0.65mg (4.34%), Vitamin B3: 0.7mg (3.5%), Selenium: 2.33µg (3.32%), Vitamin B6: 0.06mg (2.98%), Phosphorus: 27.43mg (2.74%), Fiber: 0.47g (1.9%), Potassium: 58.53mg (1.67%), Vitamin B2: 0.03mg (1.61%), Vitamin C: 1.19mg (1.44%)