

# Ground Beef & Hot Dog Double-Decker Burgers

READY IN



15 min.

SERVINGS



15

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup original barbecue sauce kraft
- 0.8 lb extra-lean ground beef
- 4 hamburger buns
- 4 milk singles 2% kraft
- 4 oscar mayer wieners

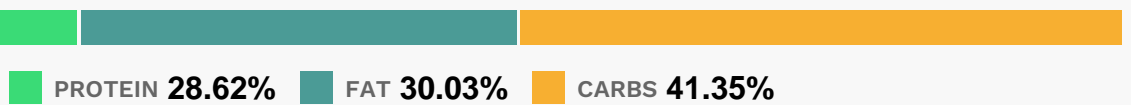
## Equipment

- grill

## Directions

- Heat grill to medium-high heat.
- Shape meat into 4 (1/4-inch-thick) patties. Partially cut wieners lengthwise in half.
- Place patties and wieners, cut-sides down, on grill; brush with barbecue sauce. Grill 4 to 6 min. on each side or until burgers are done (160F) and wieners are heated through, brushing occasionally with remaining barbecue sauce and topping burgers with 2% Milk Singles for the last min.
- Fill buns with cheeseburgers and wieners.

## Nutrition Facts



## Properties

Glycemic Index:6, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:4.4843478144511%

## Nutrients (% of daily need)

Calories: 103.77kcal (5.19%), Fat: 3.41g (5.24%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 10.3g (3.74%), Sugar: 2.96g (3.29%), Cholesterol: 19.48mg (6.49%), Sodium: 219.28mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Selenium: 10.33µg (14.76%), Vitamin B3: 2.21mg (11.05%), Zinc: 1.49mg (9.95%), Vitamin B12: 0.59µg (9.91%), Phosphorus: 69.88mg (6.99%), Iron: 1.26mg (6.98%), Vitamin B1: 0.1mg (6.8%), Vitamin B2: 0.11mg (6.37%), Vitamin B6: 0.11mg (5.35%), Folate: 17.93µg (4.48%), Manganese: 0.08mg (4.24%), Potassium: 125.1mg (3.57%), Magnesium: 10.04mg (2.51%), Calcium: 23.85mg (2.39%), Copper: 0.04mg (2.2%), Vitamin B5: 0.22mg (2.19%), Fiber: 0.26g (1.05%)