



Guilt-Free Cheeseburger

READY IN



45 min.

SERVINGS



1

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 avocado sliced
- ☐ 2 tablespoons coarsely cheddar cheese extra-sharp grated
- ☐ 0.1 teaspoon chili powder
- ☐ 0.3 teaspoon garlic minced
- ☐ 4 ounces ground sirloin lean
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup the of 1 cos lettuce shredded
- ☐ 2 tablespoons salsa fresh
- ☐ 2.5 oz sourdough bun split toasted

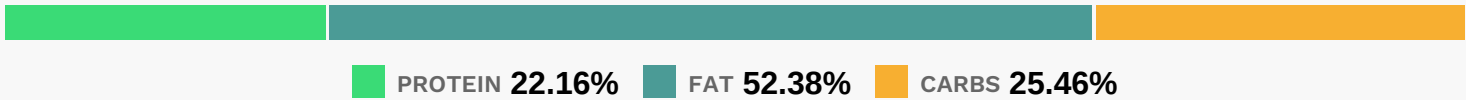
Equipment

☐ grill

Directions

- ☐ Mix sirloin and garlic; form into 1-inch-thick patty.
- ☐ Sprinkle with chili powder and salt. Grill over medium-high heat 4 minutes per side for medium rare; sprinkle with cheese. Sandwich with romaine, avocado, and salsa.

Nutrition Facts



Properties

Glycemic Index:170, Glycemic Load:23.56, Inflammation Score:-8, Nutrition Score:23.930434911147%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 632.64kcal (31.63%), Fat: 36.93g (56.81%), Saturated Fat: 13.5g (84.38%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 35.04g (12.74%), Sugar: 6.14g (6.82%), Cholesterol: 107.11mg (35.7%), Sodium: 1072.33mg (46.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.3%), Iron: 13.63mg (75.74%), Vitamin B12: 2.78µg (46.31%), Zinc: 6.61mg (44.09%), Selenium: 27.1µg (38.72%), Phosphorus: 373.1mg (37.31%), Vitamin B3: 6.59mg (32.96%), Vitamin A: 1625.18IU (32.5%), Vitamin B6: 0.62mg (31.09%), Calcium: 256.72mg (25.67%), Vitamin K: 26.41µg (25.15%), Vitamin B2: 0.39mg (23.02%), Fiber: 5.36g (21.42%), Potassium: 720.86mg (20.6%), Folate: 71.16µg (17.79%), Vitamin B5: 1.53mg (15.32%), Vitamin E: 2.19mg (14.58%), Magnesium: 50.1mg (12.52%), Copper: 0.21mg (10.64%), Manganese: 0.16mg (7.88%), Vitamin C: 6.34mg (7.68%), Vitamin B1: 0.11mg (7.45%), Vitamin D: 0.29µg (1.96%)