



Heart Attack Burger

READY IN



40 min.

SERVINGS



2

CALORIES



1576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 2 tablespoons butter
- ☐ 1.5 pounds ground beef
- ☐ 1 large onion sliced
- ☐ 8 slices bread white

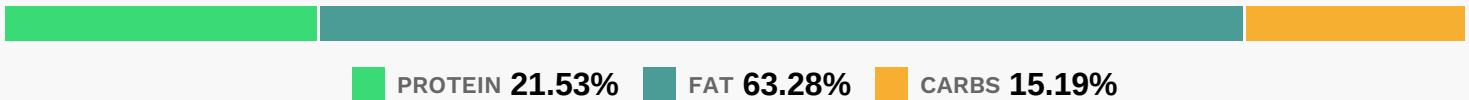
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Divide the beef in half, and form each half into a patty. Grill the beef patties for 8 to 10 minutes per side, or to desired doneness.
- ☐ While the burgers are grilling, melt 1/4 cup of butter in a large skillet.
- ☐ Lay out 4 slices of bread, and top each slice with 2 slices of American cheese. Top each sandwich with a slice of bread to make 4 cheese sandwiches. Pan-fry the sandwiches in the butter until golden brown, about 3 minutes per side. Set the sandwiches aside.
- ☐ Melt the remaining 2 tablespoons of butter in the skillet, and cook the sliced onions until browned, stirring occasionally, about 8 minutes.
- ☐ To assemble, top each grilled burger with half the onions, and place each between 2 grilled cheese sandwiches.

Nutrition Facts



Properties

Glycemic Index:89.39, Glycemic Load:37.46, Inflammation Score:-8, Nutrition Score:47.40260897512%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 1576.11kcal (78.81%), Fat: 109.76g (168.86%), Saturated Fat: 49.32g (308.25%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 55.75g (20.27%), Sugar: 10.43g (11.59%), Cholesterol: 355.64mg (118.55%), Sodium: 2201.59mg (95.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.01g (168.03%), Vitamin B12: 8.56µg (142.73%), Selenium: 91.71µg (131.02%), Phosphorus: 1214.06mg (121.41%), Calcium: 1170.65mg (117.06%), Zinc: 17.33mg (115.55%), Vitamin B3: 19.3mg (96.48%), Vitamin B6: 1.33mg (66.33%), Iron: 10.65mg (59.16%), Vitamin B2: 0.97mg (56.77%), Vitamin B1: 0.7mg (46.74%), Folate: 156.2µg (39.05%), Manganese: 0.76mg (37.86%), Potassium: 1259.26mg (35.98%), Magnesium: 114.45mg (28.61%), Vitamin B5: 2.69mg (26.9%), Vitamin A: 1146.16IU (22.92%), Copper: 0.4mg (19.97%), Vitamin E: 2.63mg (17.51%), Fiber: 3.58g (14.3%), Vitamin K: 9.79µg (9.32%), Vitamin C:

5.55mg (6.73%), Vitamin D: 0.84µg (5.63%)