



## Hearty American Cheeseburger

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup a.1. & sauce thick hearty divided
- 4 singles kraft
- 1 lb ground beef lean
- 4 lettuce leaves
- 1 onion cut into 4 slices
- 4 onion sandwich rolls split
- 0.3 cup claussen pickle relish sweet
- 1 tomatoes cut into 4 slices

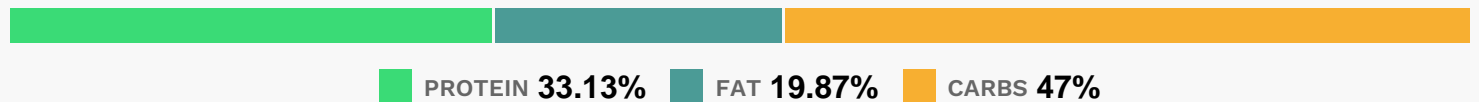
# Equipment

grill

# Directions

- Heat grill to medium heat.
- Mix relish and 2 Tbsp. steak sauce. Shape meat into 4 (1/2-inch-thick) patties.
- Grill patties and onions 4 to 5 min. on each side or until burgers are done (160F) and onions are crisp-tender, brushing occasionally with remaining steak sauce. Top burgers with Singles; grill 1 min. or until Singles begin to melt.
- Fill rolls with lettuce, cheeseburgers, onions, tomatoes and relish mixture.

# Nutrition Facts



# Properties

Glycemic Index:2.17, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:3.0065217552626%

# Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

# Nutrients (% of daily need)

Calories: 50.92kcal (2.55%), Fat: 1.1g (1.7%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.49g (1.65%), Cholesterol: 9.4mg (3.13%), Sodium: 94.52mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Selenium: 5.64µg (8.06%), Vitamin B3: 1.2mg (6%), Vitamin A: 298.91IU (5.98%), Zinc: 0.87mg (5.78%), Vitamin B12: 0.34µg (5.64%), Phosphorus: 42.03mg (4.2%), Iron: 0.67mg (3.75%), Vitamin B6: 0.07mg (3.66%), Vitamin B2: 0.06mg (3.29%), Vitamin B1: 0.05mg (3.26%), Manganese: 0.06mg (2.79%), Folate: 10.52µg (2.63%), Potassium: 82.63mg (2.36%), Vitamin K: 2.14µg (2.04%), Vitamin C: 1.43mg (1.73%), Magnesium: 6.71mg (1.68%), Copper: 0.03mg (1.48%), Vitamin B5: 0.14mg (1.37%), Fiber: 0.34g (1.36%), Calcium: 12mg (1.2%)