



## Inside-Out Bacon Cheeseburgers

READY IN



35 min.

SERVINGS



35

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 1 lb ground beef
- 4 hamburger buns toasted
- 2 singles cut into quarters kraft
- 4 lettuce leaves
- 3 Tbsp classic ranch dressing divided kraft
- 2 tomatoes cut into 4 slices each

### Equipment

grill

## Directions

- Heat grill to medium heat.
- Mix meat and 2 Tbsp. dressing; shape into 8 thin patties.
- Combine remaining dressing and bacon. Spoon onto centers of 4 patties; top with Singles quarters and remaining patties. Pinch edges together to seal.
- Grill 7 to 9 min. on each side or until burgers are done (160F).
- Fill buns with lettuce, burgers and tomatoes.

## Nutrition Facts

 **PROTEIN 19.75%**  **FAT 61.81%**  **CARBS 18.44%**

## Properties

Glycemic Index:2.86, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:2.4339130585608%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 64.4kcal (3.22%), Fat: 4.37g (6.72%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.63g (0.7%), Cholesterol: 11.2mg (3.73%), Sodium: 63.05mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Selenium: 3.85µg (5.5%), Vitamin A: 264.33IU (5.29%), Vitamin B12: 0.3µg (5.03%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.63mg (4.19%), Phosphorus: 34.46mg (3.45%), Vitamin B6: 0.06mg (3.02%), Vitamin B1: 0.04mg (2.98%), Iron: 0.48mg (2.65%), Vitamin K: 2.75µg (2.62%), Vitamin B2: 0.04mg (2.42%), Manganese: 0.05mg (2.28%), Potassium: 68.9mg (1.97%), Folate: 7.67µg (1.92%), Vitamin C: 1.52mg (1.84%), Magnesium: 4.83mg (1.21%), Calcium: 11.99mg (1.2%), Vitamin E: 0.15mg (1.01%)