



Inside-Out Cheeseburger

READY IN



25 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 hamburger buns toasted
- 4 singles cut into quarters kraft
- 1 lb ground beef lean
- 4 lettuce leaves
- 1 plum tomatoes thinly sliced
- 1 small onion red sliced

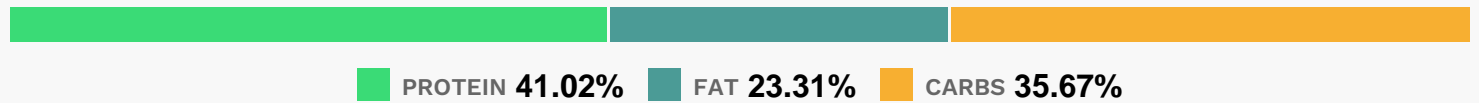
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Shape meat into 8 (1/4-inch thick) patties. Top each of 4 patties with 4 Singles pieces; cover with remaining patties. Pinch edges together to seal.
- Grill burgers and onions 6 to 7 min. on each side or until burgers are done (160F) and onions are tender.
- Fill buns with burgers, onions and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:13.6, Inflammation Score:-9, Nutrition Score:19.399999929511%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 294.2kcal (14.71%), Fat: 7.42g (11.41%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 23.88g (8.68%), Sugar: 5.01g (5.57%), Cholesterol: 70.47mg (23.49%), Sodium: 308.84mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.77%), Selenium: 31.71µg (45.3%), Vitamin B12: 2.63µg (43.77%), Zinc: 6.23mg (41.55%), Vitamin B3: 8.25mg (41.24%), Vitamin A: 1928.71IU (38.57%), Phosphorus: 295.84mg (29.58%), Vitamin B6: 0.54mg (27.05%), Iron: 4.49mg (24.94%), Vitamin B1: 0.32mg (21.49%), Vitamin B2: 0.35mg (20.44%), Manganese: 0.37mg (18.71%), Potassium: 570.62mg (16.3%), Folate: 62.76µg (15.69%), Vitamin C: 9.04mg (10.96%), Magnesium: 42.41mg (10.6%), Calcium: 95.76mg (9.58%), Vitamin B5: 0.78mg (7.76%), Copper: 0.15mg (7.7%), Fiber: 1.67g (6.68%), Vitamin E: 0.59mg (3.97%), Vitamin K: 3.74µg (3.56%)