



Kids'-Menu Burgers

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

923 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 1 cup crinkle-cut fries frozen french
- ☐ 1.5 pounds ground beef
- ☐ 4 hamburger buns split
- ☐ 4 servings catsup for spreading
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings vegetable oil for the grill

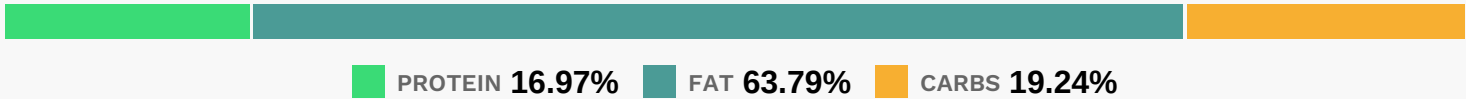
Equipment

- ☐ oven
- ☐ grill

Directions

- ☐ Preheat a grill to medium high. Prepare the french fries as the label directs; keep warm.
- ☐ Form the beef into four 6-ounce patties, about 3/4 inch thick; press the center of each patty with your thumb to make a 1/2-inch-deep indentation. Season the patties on both sides with salt and pepper. Lightly brush the grill grates with the vegetable oil, then grill the patties, indentation-side up, until marked on the bottom, about 5 minutes. Flip and cook until marked and slightly firm, about 3 more minutes for medium doneness. During the last minute of grilling, top each patty with a slice of cheese.
- ☐ Remove the patties to a plate and let rest 5 minutes. Grill the buns, cut-side down, until lightly toasted, about 1 minute.
- ☐ Spread the bun bottoms with ketchup and top with the burger patties and french fries. Cover with the bun tops.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:22.85, Inflammation Score:-5, Nutrition Score:26.373478298602%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 922.62kcal (46.13%), Fat: 65.23g (100.36%), Saturated Fat: 22.03g (137.69%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 40.78g (14.83%), Sugar: 6.8g (7.56%), Cholesterol: 141.77mg (47.26%), Sodium: 1296.96mg (56.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.09%), Vitamin B12: 4.04µg (67.35%), Selenium: 41.85µg (59.79%), Zinc: 8.17mg (54.45%), Vitamin B3: 10.54mg (52.72%), Phosphorus: 496.24mg (49.62%), Vitamin B6: 0.72mg (35.9%), Calcium: 319.68mg (31.97%), Iron: 5.74mg (31.92%), Vitamin K: 31.87µg (30.35%), Vitamin B2: 0.47mg (27.75%), Potassium: 835.96mg (23.88%), Vitamin B1: 0.36mg (23.68%), Manganese: 0.41mg (20.65%), Folate: 68.37µg (17.09%), Vitamin E: 2.35mg (15.64%), Magnesium: 56.87mg (14.22%), Fiber: 3.48g (13.92%), Vitamin B5: 1.26mg (12.65%), Copper: 0.19mg (9.61%), Vitamin C: 4.9mg (5.94%),

Vitamin A: 275.83IU (5.52%), Vitamin D: 0.3μg (1.97%)