



Made-Over Cheeseburgers

READY IN



20 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb extra-lean ground beef
- 4 lettuce leaves
- 4 milk singles 2% kraft
- 0.3 cup miracle whip dressing light divided
- 1 tomatoes cut into 4 slices
- 4 hamburger buns whole wheat toasted

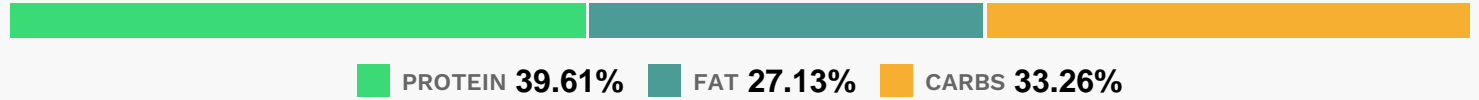
Equipment

- frying pan

Directions

- Mix meat and 2 Tbsp. dressing; shape into 4 (1/2-inch-thick) patties.
- Cook in nonstick skillet sprayed with cooking spray on medium heat 4 to 5 min. on each side or until done (160F). Top with 2% Milk Singles; cook 1 min. or until melted.
- Serve, topped with remaining dressing, in buns with lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:20.536087119061%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 296.73kcal (14.84%), Fat: 8.88g (13.66%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 21.88g (7.96%), Sugar: 5.55g (6.17%), Cholesterol: 71.82mg (23.94%), Sodium: 415.26mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.35%), Selenium: 34.21µg (48.87%), Vitamin B3: 8.52mg (42.61%), Vitamin B12: 2.55µg (42.5%), Zinc: 6.35mg (42.33%), Vitamin A: 2045.12IU (40.9%), Phosphorus: 295.49mg (29.55%), Manganese: 0.58mg (28.76%), Vitamin B6: 0.53mg (26.75%), Iron: 4.79mg (26.64%), Vitamin B2: 0.35mg (20.81%), Vitamin B1: 0.29mg (19.37%), Folate: 69.4µg (17.35%), Potassium: 593mg (16.94%), Magnesium: 51.36mg (12.84%), Fiber: 2.62g (10.49%), Vitamin C: 8.53mg (10.35%), Copper: 0.2mg (10.14%), Vitamin B5: 0.98mg (9.8%), Calcium: 66.83mg (6.68%), Vitamin K: 4.17µg (3.97%), Vitamin E: 0.59mg (3.92%)