



## Meatloaf Burger

READY IN



20 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz take classic four cheese recipe cheese breadcrumb mix mixed fresh
- 1.5 lb ground beef lean
- 6 onion sandwich rolls
- 0.3 cup onions finely chopped
- 0.5 cup heinz tomato ketchup divided

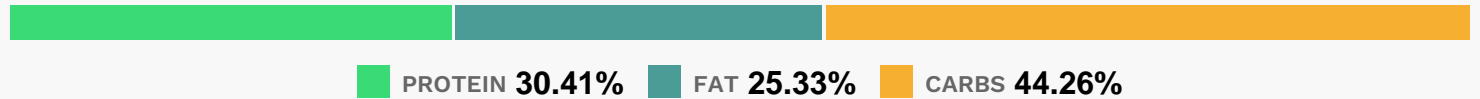
### Equipment

- grill

## Directions

- Heat grill to medium-high heat.
- Mix meat, cheese mixture, onions and 1/4 cup ketchup just until blended; shape into 6 (1/2-inch-thick) patties.
- Grill 4 to 5 min. on each side or until done (160F).
- Serve in rolls, topped with remaining ketchup.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:18.48695655491%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 422.91kcal (21.15%), Fat: 11.75g (18.07%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 44.15g (16.06%), Sugar: 5.55g (6.17%), Cholesterol: 78.53mg (26.18%), Sodium: 674.32mg (29.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.47%), Selenium: 42.19µg (60.27%), Vitamin B3: 8.94mg (44.7%), Zinc: 6.35mg (42.35%), Vitamin B12: 2.54µg (42.34%), Iron: 5.5mg (30.57%), Phosphorus: 288.66mg (28.87%), Vitamin B6: 0.5mg (25.2%), Vitamin B2: 0.41mg (24.06%), Vitamin B1: 0.32mg (21.61%), Potassium: 579.67mg (16.56%), Folate: 62.89µg (15.72%), Manganese: 0.3mg (15.1%), Magnesium: 43.6mg (10.9%), Copper: 0.2mg (9.99%), Vitamin B5: 0.98mg (9.79%), Fiber: 2.02g (8.09%), Calcium: 73.71mg (7.37%), Vitamin E: 0.85mg (5.67%), Vitamin A: 104.72IU (2.09%), Vitamin C: 1.6mg (1.94%), Vitamin K: 1.31µg (1.25%)