



## MIRACLE WHIP WOW! Burgers

READY IN



20 min.

SERVINGS



20

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb ground beef patties
- 3 Tbsp a.1. original sauce
- 8 singles kraft
- 0.3 cup miracle whip dressing
- 2 Tbsp olive oil
- 8 kaiser rolls split
- 2 lb onions sweet separated thinly sliced
- 2 tomatoes cut into 8 slices

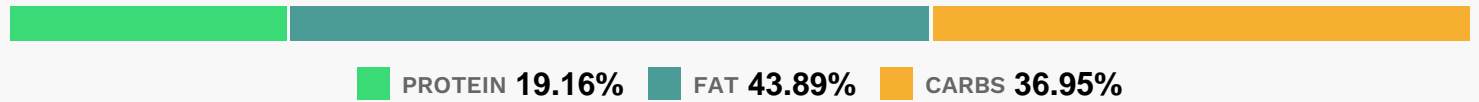
# Equipment

- frying pan
- grill

# Directions

- Grill or broil beef patties until done (160F).
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add onions; cook and stir 10 min. or until golden brown. Stir in dressing and steak sauce.
- Fill rolls with tomatoes, burgers, Singles and onion mixture.

# Nutrition Facts



# Properties

Glycemic Index:5.55, Glycemic Load:9.31, Inflammation Score:-3, Nutrition Score:6.0786956756011%

# Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

# Nutrients (% of daily need)

Calories: 196.95kcal (9.85%), Fat: 9.55g (14.69%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.04g (6.2%), Sugar: 5.21g (5.79%), Cholesterol: 24.39mg (8.13%), Sodium: 212.16mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.77%), Iron: 5.3mg (29.44%), Vitamin B12: 0.93µg (15.5%), Zinc: 1.96mg (13.06%), Selenium: 6.94µg (9.91%), Vitamin B3: 1.88mg (9.39%), Phosphorus: 84.82mg (8.48%), Vitamin B6: 0.17mg (8.29%), Potassium: 207.66mg (5.93%), Vitamin B2: 0.09mg (5.01%), Vitamin C: 3.86mg (4.68%), Fiber: 1.04g (4.17%), Folate: 15µg (3.75%), Magnesium: 13.6mg (3.4%), Copper: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.84%), Manganese: 0.06mg (2.81%), Vitamin A: 113.78IU (2.28%), Vitamin B5: 0.2mg (1.96%), Calcium: 19.09mg (1.91%), Vitamin K: 1.95µg (1.86%), Vitamin E: 0.28mg (1.85%)