



## Mozzarella Beef Burger

READY IN



22 min.

SERVINGS



22

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup & spicy barbecue sauce thick divided kraft
- 0.5 cup bread crumbs fresh
- 1 lb ground beef
- 4 hamburger buns
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft

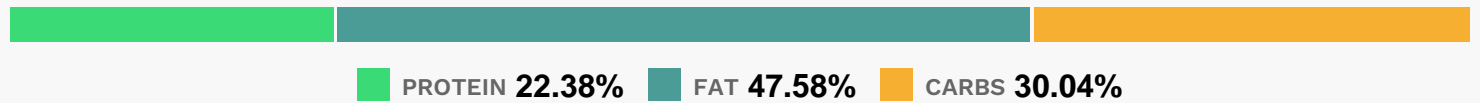
### Equipment

- grill

## Directions

- Preheat grill to medium-high heat.
- Mix meat, cheese, bread crumbs and 2 Tbsp. of the barbecue sauce. Shape into four patties.
- Place patties on grill; cover grill with lid. Grill 4 to 6 min. on each side or until burgers are cooked through (160F), brushing with remaining 2 Tbsp. barbecue sauce during last 2 min. of grilling time.
- Fill buns with burgers and lettuce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:2.82, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:3.2843478075836%

## Nutrients (% of daily need)

Calories: 95.93kcal (4.8%), Fat: 4.99g (7.67%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.8g (2.47%), Sugar: 1.83g (2.03%), Cholesterol: 16.27mg (5.42%), Sodium: 119.63mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Selenium: 6.25µg (8.92%), Vitamin B12: 0.49µg (8.11%), Vitamin B3: 1.38mg (6.92%), Zinc: 1.03mg (6.87%), Phosphorus: 56.96mg (5.7%), Vitamin B1: 0.08mg (5.08%), Iron: 0.81mg (4.52%), Vitamin B2: 0.07mg (4.3%), Calcium: 40.44mg (4.04%), Vitamin B6: 0.08mg (3.94%), Manganese: 0.07mg (3.61%), Folate: 11.71µg (2.93%), Potassium: 79.7mg (2.28%), Magnesium: 7.37mg (1.84%), Copper: 0.03mg (1.52%), Vitamin B5: 0.12mg (1.24%), Fiber: 0.28g (1.12%)