



Open-Face Patty Melts

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 lb ground beef lean
- 0.5 large onion red thinly sliced
- 2 slices marble rye bread toasted
- 2 oz velveeta cut into 2 slices
- 2 oz velveeta cut into 2 slices

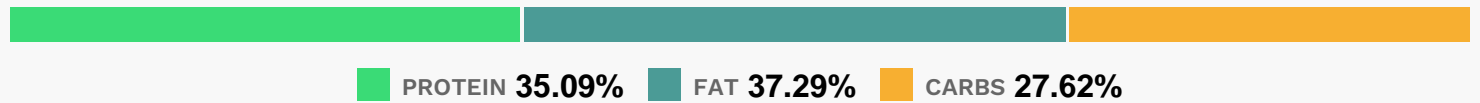
Equipment

- frying pan

Directions

- Heat dressing in large nonstick skillet on medium-high heat.
- Add onions; cook 2 min. Stir onions and move to one side of skillet.
- Add patties to other side of skillet; cook on medium heat 10 min. or until burgers are done (160F), flipping burgers and stirring onions after 5 min.
- Top burgers with VELVEETA; cover. Cook 1 to 1-1/2 min. or until VELVEETA is melted; place on toast slices. Top with onions.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:1.3256521723841%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 25.58kcal (1.28%), Fat: 1.04g (1.59%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.45g (0.5%), Cholesterol: 5.62mg (1.87%), Sodium: 44.85mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Selenium: 2.43µg (3.47%), Vitamin B12: 0.2µg (3.39%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.6mg (3.01%), Phosphorus: 22.15mg (2.22%), Vitamin B6: 0.04mg (2.08%), Iron: 0.3mg (1.66%), Vitamin B2: 0.02mg (1.4%), Vitamin K: 1.38µg (1.32%), Manganese: 0.03mg (1.28%), Potassium: 40.82mg (1.17%), Vitamin B1: 0.02mg (1.09%)