



Open-Faced Lone Star Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz tomato sauce canned
- 1.5 cups colby jack cheese shredded divided
- 0.3 teaspoon thyme leaves dried
- 2 cloves garlic minced
- 1.5 pounds ground beef
- 0.3 cup onion chopped
- 6 slices garlic texas toast frozen

Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine onion, garlic, thyme and one cup cheese. Crumble beef over top and mix well. Form into 6 oval-shaped patties. In a large skillet, cook patties over medium heat for 5 to 6 minutes per side, to desired doneness.
- Meanwhile, prepare toast according to package directions.
- Drain patties; set aside and keep warm.
- Add remaining ingredients to the skillet. Bring to a boil; cook and stir for 2 minutes, or until slightly thickened. Return burgers to skillet; turn to coat.
- Sprinkle with remaining cheese.
- Serve burgers on toast.

Nutrition Facts

PROTEIN 21.67% **FAT 63.7%** **CARBS 14.63%**

Properties

Glycemic Index:17, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:16.409130303756%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 571.79kcal (28.59%), Fat: 40.4g (62.16%), Saturated Fat: 17.39g (108.67%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 19.16g (6.97%), Sugar: 3.81g (4.23%), Cholesterol: 111.86mg (37.29%), Sodium: 664.53mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Iron: 8.9mg (49.42%), Vitamin B12: 2.7µg (45.01%), Zinc: 5.86mg (39.08%), Phosphorus: 343.73mg (34.37%), Selenium: 22.2µg (31.71%), Vitamin B3: 5.22mg (26.08%), Calcium: 255.88mg (25.59%), Vitamin B6: 0.45mg (22.5%), Vitamin B2: 0.32mg (18.78%), Potassium: 474.43mg (13.56%), Vitamin A: 493.5IU (9.87%), Magnesium: 34.54mg (8.63%), Vitamin B5: 0.77mg (7.7%), Vitamin E: 1.11mg (7.38%), Fiber: 1.72g (6.87%), Copper: 0.13mg (6.62%), Folate: 18.69µg (4.67%), Vitamin B1: 0.07mg (4.54%), Vitamin K: 4.75µg (4.52%), Manganese: 0.08mg (4.22%), Vitamin C: 3.47mg (4.21%), Vitamin D: 0.31µg (2.08%)