



Party Time Mini Cheeseburgers

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



556 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large eggs lightly beaten
- 0.3 cup oats
- 2 tablespoons relish
- 2 tablespoons catsup
- 2 teaspoons mustard prepared
- 2 teaspoons worcestershire sauce
- 0.3 teaspoon pepper
- 0.1 teaspoon garlic powder

- 1 pound ground beef
- 3 slices processed cheese food
- 10 dinner rolls split

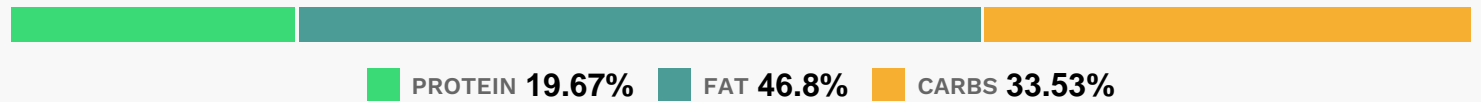
Equipment

- bowl
- frying pan
- baking sheet
- baking pan
- kitchen thermometer
- broiler

Directions

- Preheat broiler. In a large bowl, combine the first 8 ingredients.
- Add beef; mix lightly but thoroughly. Shape into 10 patties.
- Transfer to a 15x10x1-in. baking pan. Broil 3–4 in. from heat 4–6 minutes on each side or until a thermometer reads 160°.
- Place patties on a waxed paper-lined baking sheet; wrap and freeze until firm.
- Remove from pan and transfer to a large freezer container; return to freezer. To use, broil frozen patties as directed, increasing time as necessary.

Nutrition Facts



Properties

Glycemic Index:32.2, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:22.248261213303%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 556.38kcal (27.82%), Fat: 28.9g (44.46%), Saturated Fat: 10.89g (68.09%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 42.72g (15.53%), Sugar: 3.33g (3.7%), Cholesterol: 114.21mg (38.07%), Sodium: 909.43mg (39.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Selenium: 49.74µg (71.05%), Manganese: 1.1mg (54.99%), Vitamin B3: 7.53mg (37.65%), Vitamin B12: 2.22µg (36.99%), Phosphorus: 359.94mg (35.99%), Zinc: 5.18mg (34.55%), Calcium: 312.39mg (31.24%), Iron: 5.52mg (30.69%), Vitamin B1: 0.45mg (29.88%), Vitamin B2: 0.47mg (27.42%), Vitamin B6: 0.4mg (19.98%), Folate: 65.94µg (16.48%), Magnesium: 65.22mg (16.31%), Fiber: 3.88g (15.5%), Potassium: 434.75mg (12.42%), Copper: 0.23mg (11.52%), Vitamin B5: 1.01mg (10.13%), Vitamin E: 1.01mg (6.76%), Vitamin K: 4.84µg (4.61%), Vitamin A: 217.73IU (4.35%), Vitamin D: 0.37µg (2.44%)