



Queso Burgers

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb ground sirloin
- 6 hamburger buns
- 6 pieces lettuce
- 10 oz ro*tel tomatoes & chilies diced green undrained canned
- 1 large tomatoes cut into 6 slices
- 16 oz velveeta cut into 1/2-inch cubes
- 16 oz velveeta cut into 1/2-inch cubes

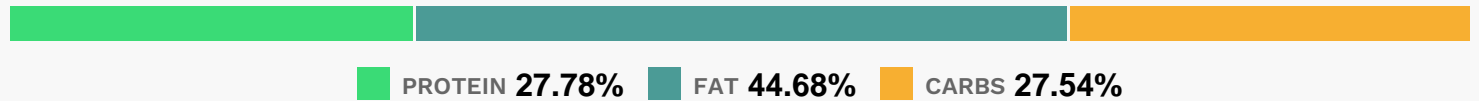
Equipment

- bowl
- grill
- microwave

Directions

- Heat grill to medium heat.
- Shape meat into 6 (1/2-inch-thick) patties. Grill 5 to 6 min. on each side or until done (160F).
- Meanwhile, microwave VELVEETA and tomatoes in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.
- Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomato slices and tops of buns. Refrigerate remaining VELVEETA sauce to use as desired. (See tip.)

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:4.2, Inflammation Score:-3, Nutrition Score:5.8213043517393%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 115.72kcal (5.79%), Fat: 5.68g (8.74%), Saturated Fat: 2.1g (13.21%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.16g (2.6%), Sugar: 1.89g (2.1%), Cholesterol: 23.13mg (7.71%), Sodium: 89.05mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.89%), Vitamin B12: 0.76µg (12.73%), Selenium: 8.9µg (12.72%), Vitamin B3: 2.28mg (11.4%), Zinc: 1.68mg (11.22%), Phosphorus: 80.21mg (8.02%), Vitamin B6: 0.15mg (7.58%), Iron: 1.29mg (7.15%), Vitamin K: 7.02µg (6.69%), Vitamin B1: 0.1mg (6.66%), Manganese: 0.12mg (6.13%), Vitamin B2: 0.1mg (5.81%), Folate: 22.62µg (5.65%), Vitamin A: 279.85IU (5.6%), Potassium: 195.37mg (5.58%), Vitamin C: 3.84mg (4.65%), Magnesium: 12.85mg (3.21%), Calcium: 29.08mg (2.91%), Fiber: 0.72g (2.87%), Copper: 0.05mg (2.74%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.32mg (2.11%)