



## Ranch-Bacon Cheeseburgers

READY IN



25 min.

SERVINGS



25

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices oscar mayer bacon fully cooked
- 16 oz ground beef patties
- 4 clausen kosher dill burger
- 4 lettuce leaves
- 2 Tbsp classic ranch dressing kraft
- 4 deli deluxe process sharp cheddar cheese kraft
- 4 kaiser rolls split toasted
- 1 tomatoes cut into 4 slices

# Equipment

frying pan

# Directions

- Cook patties in skillet on medium heat 5 to 6 min. on each side or until done (160F).
- Top with cheese; cover. Cook 1 min. or until cheese begins to melt.
- Fill rolls with cheeseburgers and remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:5.52, Glycemic Load:3.73, Inflammation Score:-3, Nutrition Score:3.2086956429741%

# Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 102.61kcal (5.13%), Fat: 6.64g (10.21%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.51g (2%), Sugar: 1.05g (1.17%), Cholesterol: 14.73mg (4.91%), Sodium: 204.05mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Iron: 2.16mg (11.99%), Vitamin A: 348.99IU (6.98%), Vitamin B12: 0.41µg (6.85%), Selenium: 4.21µg (6.02%), Zinc: 0.87mg (5.77%), Vitamin B3: 1.04mg (5.19%), Phosphorus: 43.37mg (4.34%), Vitamin K: 3.75µg (3.57%), Vitamin B6: 0.07mg (3.47%), Vitamin B2: 0.05mg (2.78%), Potassium: 94.39mg (2.7%), Vitamin B1: 0.04mg (2.53%), Vitamin C: 1.58mg (1.92%), Magnesium: 5.98mg (1.5%), Fiber: 0.37g (1.49%), Manganese: 0.03mg (1.32%), Calcium: 11.6mg (1.16%), Vitamin B5: 0.12mg (1.15%), Copper: 0.02mg (1.1%), Folate: 4.2µg (1.05%)