



Ready-to-Mambo Burger

READY IN



20 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 crusty sandwich rolls split
- 0.3 cup 1/4 cup plus 2 tbsp. kraft zesty italian dressing italian divided kraft
- 1 lb ground beef lean
- 2 cups lettuce shredded
- 0.3 cup parmesan cheese divided grated kraft
- 4 slices tomatoes

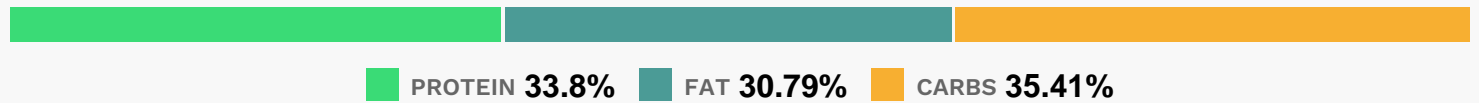
Equipment

- grill

Directions

- Preheat grill to medium heat.
- Mix meat with 1/4 cup of the dressing and 2 Tbsp. of the cheese; shape into 4 patties.
- Grill patties 8 to 10 minutes or until cooked through, turning over after 4 minutes. Meanwhile, toss lettuce with remaining 2 Tbsp. each dressing and cheese.
- Place burgers on bottom halves of rolls; cover with lettuce mixture, tomatoes and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:19.890434884507%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 389.15kcal (19.46%), Fat: 13.02g (20.03%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 31.94g (11.62%), Sugar: 3.34g (3.71%), Cholesterol: 75.74mg (25.25%), Sodium: 643.79mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.33%), Selenium: 44.54µg (63.62%), Zinc: 6.64mg (44.3%), Vitamin B12: 2.62µg (43.74%), Vitamin B3: 8.72mg (43.61%), Phosphorus: 330.8mg (33.08%), Iron: 4.79mg (26.58%), Vitamin B6: 0.49mg (24.74%), Vitamin B2: 0.4mg (23.81%), Vitamin B1: 0.34mg (22.58%), Folate: 70.78µg (17.7%), Vitamin K: 17.77µg (16.92%), Manganese: 0.33mg (16.48%), Potassium: 530.88mg (15.17%), Calcium: 128.1mg (12.81%), Magnesium: 45.89mg (11.47%), Vitamin B5: 1.02mg (10.16%), Copper: 0.2mg (9.76%), Fiber: 1.75g (7.02%), Vitamin E: 0.98mg (6.54%), Vitamin A: 248.4IU (4.97%), Vitamin C: 1.2mg (1.46%)