



Saucy Cheeseburgers

READY IN



25 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce divided
- 1 eggs
- 1 lb extra-lean ground beef
- 3 green onions finely chopped
- 4 lettuce leaves
- 4 slim cut mozzarella cheese kraft
- 12 saltines crushed
- 4 sesame seed hamburger buns toasted
- 1 tomatoes cut into 4 slices

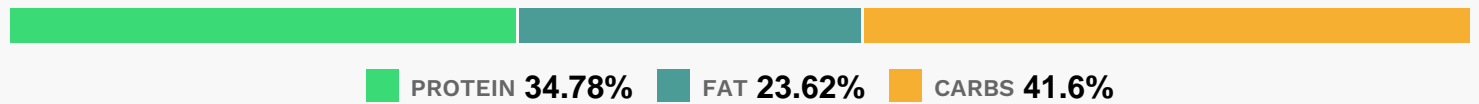
Equipment

grill

Directions

- Heat grill to medium heat.
- Mix meat, cracker crumbs, onions, egg and 2 Tbsp. barbecue sauce just until blended; shape into 4 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (160F), brushing occasionally with remaining barbecue sauce for the last few minutes. Top with cheese; grill 1 min. or until melted.
- Fill buns with lettuce, tomatoes and cheeseburgers.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:13.18, Inflammation Score:-9, Nutrition Score:23.26478251167%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 373.04kcal (18.65%), Fat: 9.57g (14.72%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 35.9g (13.06%), Sugar: 10.45g (11.62%), Cholesterol: 112.02mg (37.34%), Sodium: 585.18mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Selenium: 36.2µg (51.71%), Vitamin B12: 2.75µg (45.9%), Vitamin B3: 9.03mg (45.14%), Vitamin A: 2229.55IU (44.59%), Zinc: 6.48mg (43.21%), Phosphorus: 323.2mg (32.32%), Iron: 5.4mg (30.01%), Vitamin B6: 0.57mg (28.28%), Vitamin B2: 0.45mg (26.63%), Vitamin B1: 0.39mg (25.97%), Vitamin K: 26.1µg (24.86%), Manganese: 0.47mg (23.46%), Folate: 82.77µg (20.69%), Potassium: 659.57mg (18.84%), Vitamin C: 10.88mg (13.19%), Magnesium: 48.94mg (12.23%), Calcium: 108.42mg (10.84%), Vitamin B5: 1mg (10.04%), Copper: 0.19mg (9.63%), Fiber: 2.02g (8.08%), Vitamin E: 1.08mg (7.22%), Vitamin D: 0.34µg (2.25%)