



## Sizzlin' Chipotle Cheddar Burger

READY IN



20 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup spicy honey barbecue sauce kraft
- 2 chipotle peppers in adobo sauce divided minced
- 4 hamburger buns
- 1 lb ground beef lean
- 4 lettuce leaves
- 0.3 cup onions red finely chopped
- 4 big sharp cheddar cheese kraft
- 4 slices tomatoes

# Equipment

grill

# Directions

- Heat grill to medium heat.
- Mix meat, onions and half the chipotle peppers just until blended; shape into 4 (1/2-inch-thick) patties. Stir remaining chipotle peppers into barbecue sauce.
- Brush half the barbecue sauce mixture evenly onto cut sides of buns.
- Grill patties 8 min.; turn.
- Brush with remaining barbecue sauce. Grill 4 min. or until burgers are done (160F). Top burgers with cheese and place buns, cut sides down, on grill grate; grill 1 min. or until cheese is melted and buns are lightly toasted.
- Fill buns with lettuce, tomatoes and cheeseburgers.

# Nutrition Facts



# Properties

Glycemic Index:38.5, Glycemic Load:13.1, Inflammation Score:-8, Nutrition Score:19.550869477832%

# Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

# Nutrients (% of daily need)

Calories: 353.68kcal (17.68%), Fat: 7.93g (12.2%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 36.83g (13.39%), Sugar: 16.19g (17.99%), Cholesterol: 71.31mg (23.77%), Sodium: 669.27mg (29.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.73%), Selenium: 32.37µg (46.24%), Vitamin B12: 2.64µg (43.95%), Vitamin B3: 8.35mg (41.77%), Zinc: 6.25mg (41.67%), Vitamin A: 1876.39IU (37.53%), Phosphorus: 289.79mg (28.98%), Iron: 4.82mg (26.8%), Vitamin B6: 0.54mg (26.8%), Vitamin B2: 0.36mg (21.27%), Vitamin B1: 0.32mg (21.16%), Manganese: 0.38mg (19.02%), Potassium: 592.06mg (16.92%), Folate: 58.18µg (14.55%), Magnesium: 43.99mg (11%), Calcium: 102.03mg (10.2%), Fiber: 2.27g (9.07%), Copper: 0.16mg (8.24%), Vitamin B5:

0.8mg (8.04%), Vitamin C: 5.97mg (7.24%), Vitamin E: 0.81mg (5.38%), Vitamin K: 3.19 $\mu$ g (3.04%)