



Slow-Cooker Cheeseburger Sandwiches

READY IN



440 min.

SERVINGS



12

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 loaf cheese diced (8 oz. box)
- 2 cloves garlic finely chopped
- 1 cup bell pepper green chopped
- 1.5 pounds ground beef lean
- 2 tablespoons milk
- 0.3 cup onion chopped
- 0.5 teaspoon garlic
- 12 sandwich rolls split

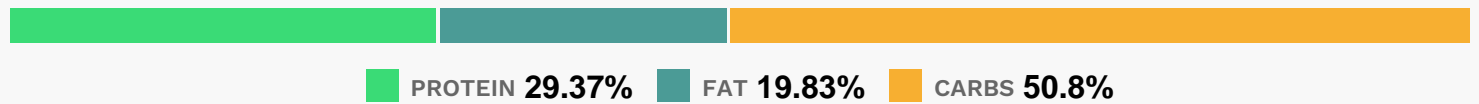
Equipment

- frying pan
- slow cooker

Directions

- Cook beef and garlic pepper in 12-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- Spray 3- to 4-quart slow cooker with cooking spray.
- Mix beef and remaining ingredients except buns in cooker.
- Cover and cook on Low heat setting 6 to 7 hours. To serve, fill buns with beef mixture.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:12.913043486035%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 251.28kcal (12.56%), Fat: 5.42g (8.34%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 29.66g (10.79%), Sugar: 1.58g (1.75%), Cholesterol: 35.54mg (11.85%), Sodium: 349.61mg (15.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.13%), Selenium: 32.33µg (46.18%), Vitamin B3: 5.6mg (28.01%), Zinc: 3.46mg (23.09%), Vitamin B12: 1.28µg (21.41%), Vitamin B1: 0.31mg (20.47%), Iron: 3.28mg (18.22%), Phosphorus: 176.58mg (17.66%), Vitamin B2: 0.29mg (17.16%), Manganese: 0.3mg (14.89%), Folate: 58.9µg (14.72%), Vitamin B6: 0.28mg (14.17%), Vitamin C: 10.42mg (12.64%), Potassium: 290.65mg (8.3%), Magnesium: 29.92mg (7.48%), Copper: 0.15mg (7.4%), Calcium: 66.06mg (6.61%), Fiber: 1.59g (6.37%), Vitamin B5: 0.63mg (6.27%), Vitamin E: 0.45mg (2.98%), Vitamin K: 1.46µg (1.39%), Vitamin A: 50.95IU (1.02%)