



Smokehouse Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 lb ground beef
- 4 hamburger buns toasted
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 4 singles kraft
- 4 lettuce leaves
- 1 onion red cut into 4 slices
- 1 tomatoes cut into 4 slices

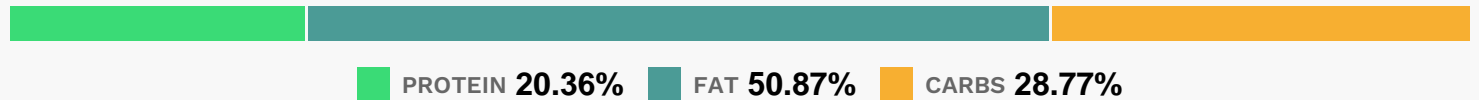
Equipment

grill

Directions

- Heat grill to medium heat.
- Shape meat into 4 (1/2-inch-thick) patties.
- Brush onions with 2 Tbsp. dressing.
- Grill patties and onions 5 min. on each side or until patties are done (160F) and onions are tender, occasionally brushing onions with remaining 2 Tbsp. dressing and burgers with barbecue sauce. Top each burger with Singles; grill 1 to 2 min. or until Singles begin to melt.
- Fill buns with lettuce, tomatoes, cheeseburgers and onions.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:13.76, Inflammation Score:-9, Nutrition Score:19.548695657564%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 495.61kcal (24.78%), Fat: 27.67g (42.57%), Saturated Fat: 9.53g (59.57%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 33.2g (12.07%), Sugar: 12.93g (14.37%), Cholesterol: 80.67mg (26.89%), Sodium: 640.69mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.92g (49.84%), Selenium: 29.51µg (42.16%), Vitamin A: 2101.07IU (42.02%), Vitamin B12: 2.51µg (41.88%), Vitamin B3: 7.03mg (35.14%), Zinc: 5.27mg (35.11%), Phosphorus: 259.92mg (25.99%), Vitamin B6: 0.5mg (24.89%), Iron: 4.18mg (23.25%), Vitamin B1: 0.34mg (22.49%), Manganese: 0.42mg (20.94%), Vitamin B2: 0.35mg (20.33%), Folate: 67.67µg (16.92%), Potassium: 574.39mg (16.41%), Vitamin K: 15.19µg (14.47%), Vitamin C: 11.29mg (13.69%), Calcium: 115.3mg (11.53%), Magnesium: 41.48mg (10.37%), Vitamin E: 1.29mg (8.59%), Fiber: 2.01g (8.05%), Copper: 0.16mg (8.03%), Vitamin B5: 0.66mg (6.6%)