



Southwest Ranch Cheeseburgers

READY IN



25 min.

SERVINGS



25

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon cooked
- 4 big colby jack cheese kraft
- 1 lb ground beef lean
- 0.3 cup classic ranch dressing kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 4 kaiser rolls split toasted

Equipment

- frying pan

Directions

- Shape meat into 4 (1/2-inch-thick) patties.
- Cook in skillet on medium heat 5 min. on each side or until done (160F). Top with cheese; cook 1 min. or until melted.
- Fill rolls with cheeseburgers; top with bacon, dressing and salsa.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:2.9308695739702%

Nutrients (% of daily need)

Calories: 93.64kcal (4.68%), Fat: 5.18g (7.97%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.91g (1.01%), Cholesterol: 16.67mg (5.56%), Sodium: 145.03mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Iron: 2.18mg (12.13%), Vitamin B12: 0.45µg (7.45%), Zinc: 1.02mg (6.81%), Selenium: 4.7µg (6.72%), Vitamin B3: 1.31mg (6.55%), Phosphorus: 52.09mg (5.21%), Vitamin B6: 0.1mg (4.76%), Vitamin K: 3.38µg (3.22%), Potassium: 85.16mg (2.43%), Vitamin B2: 0.04mg (2.26%), Vitamin B1: 0.03mg (1.88%), Vitamin B5: 0.18mg (1.8%), Magnesium: 5.39mg (1.35%), Vitamin E: 0.17mg (1.11%)