



Steakhouse Cheeseburgers

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bread baguette french
- 1 lb extra-lean ground beef
- 0.3 cup a.1. & sauce thick hearty divided
- 4 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 0.3 cup onions chopped
- 0.3 cup tomatoes chopped

Equipment

grill

Directions

- Heat grill to medium heat.
- Combine tomatoes, dressing and 1/2 tsp. steak sauce.
- Mix meat, onions and remaining steak sauce; shape into 4 (1/2-inch-thick) oval patties.
- Grill patties 4 to 5 min. on each side or until done (160F); top with 2% Milk Singles.
- Add bread, cut-sides down, to grill. Grill 1 min. or until Singles are melted and bread is lightly toasted.
- Fill bread with cheeseburgers; top with tomato mixture.

Nutrition Facts

 **PROTEIN 31.62%**  **FAT 16.58%**  **CARBS 51.8%**

Properties

Glycemic Index:5.82, Glycemic Load:6.45, Inflammation Score:-1, Nutrition Score:3.7652174244108%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 72.79kcal (3.64%), Fat: 1.32g (2.03%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.88g (3.23%), Sugar: 1.47g (1.63%), Cholesterol: 11.32mg (3.77%), Sodium: 141.94mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Selenium: 7.74µg (11.06%), Vitamin B3: 1.78mg (8.89%), Vitamin B1: 0.12mg (8.16%), Zinc: 1.1mg (7.31%), Vitamin B12: 0.41µg (6.79%), Iron: 1.07mg (5.92%), Vitamin B2: 0.1mg (5.8%), Phosphorus: 53.73mg (5.37%), Folate: 21.12µg (5.28%), Vitamin B6: 0.09mg (4.57%), Manganese: 0.09mg (4.47%), Potassium: 87.9mg (2.51%), Magnesium: 9.45mg (2.36%), Copper: 0.04mg (1.99%), Vitamin B5: 0.17mg (1.74%), Fiber: 0.41g (1.64%), Calcium: 10.7mg (1.07%)