



Super-Smart Patty Melts

READY IN



50 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb extra-lean ground beef
- 3 Tbsp 3 tbsp. kraft lite zesty italian dressing italian divided kraft
- 4 milk singles 2% kraft
- 2 Tbsp miracle whip dressing light
- 8 slices grain bread whole
- 1 large onion sliced

Equipment

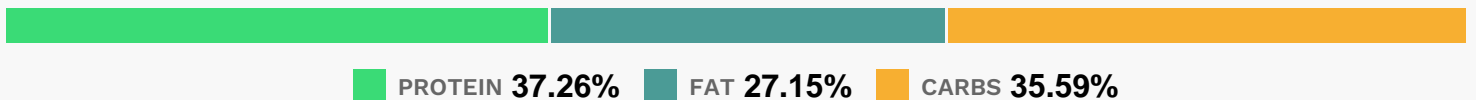
- frying pan

- baking sheet
- oven

Directions

- Mix meat and MIRACLE WHIP just until blended. Shape into 4 (1/2-inch-thick) patties.
- Heat 1 Tbsp. of the Italian dressing in large nonstick skillet on medium heat.
- Add onions; stir. Cook on medium-low heat 10 min. or until onions are tender and golden brown, stirring occasionally.
- Remove onions from skillet; reserve for later use.
- Heat oven to 400F.
- Add meat patties to skillet; cook on medium heat 5 to 6 min. on each side or until done (160F).
- Remove from heat.
- Spray baking sheet with cooking spray.
- Brush bread with remaining Italian dressing.
- Place 4 bread slices, dressing sides down, on prepared baking sheet; top with 2% Milk Singles, onions and meat patties. Cover with remaining bread slices, dressing sides up.
- Bake 20 min., turning sandwiches after 10 min.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:15.25, Inflammation Score:-5, Nutrition Score:21.1556521084%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 346.28kcal (17.31%), Fat: 10.26g (15.78%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 26.11g (9.49%), Sugar: 6.12g (6.81%), Cholesterol: 71.11mg (23.7%), Sodium: 501.33mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.67g (63.35%), Manganese: 1.26mg (62.94%), Selenium: 34.61µg (49.45%), Zinc: 6.83mg (45.56%), Vitamin B3: 8.77mg (43.85%), Vitamin B12: 2.55µg (42.42%), Phosphorus: 357.1mg (35.71%), Vitamin B6: 0.62mg (30.9%), Iron: 4.25mg (23.61%), Vitamin B1: 0.29mg (19.02%), Magnesium: 72.48mg (18.12%), Potassium: 601.69mg (17.19%), Vitamin B2: 0.29mg (16.91%), Fiber: 4.15g (16.6%), Vitamin B5: 1.16mg (11.62%), Copper: 0.23mg (11.53%), Calcium: 113.22mg (11.32%), Vitamin K: 11.03µg (10.51%), Folate: 36.36µg (9.09%), Vitamin E: 0.87mg (5.79%), Vitamin C: 2.82mg (3.42%)