



## Taco Burger

READY IN



20 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb ground beef
- 4 hamburger buns
- 4 lettuce leaves
- 0.3 cup miracle whip dressing
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix
- 4 slices tomatoes

# Equipment

grill

# Directions

- Heat grill to medium heat.
- Mix meat and seasoning mix; shape into 4 (1/2-inch-thick) patties.
- Grill patties 4 to 5 min. on each side or until done (160F). Meanwhile, mix salsa and dressing.
- Fill buns with burgers, salsa mixture and remaining ingredients.

# Nutrition Facts



**PROTEIN 22.1%** **FAT 53.61%** **CARBS 24.29%**

# Properties

Glycemic Index:6.35, Glycemic Load:2.6, Inflammation Score:-4, Nutrition Score:4.0169565522152%

# Nutrients (% of daily need)

Calories: 100.17kcal (5.01%), Fat: 5.93g (9.12%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.45g (1.98%), Sugar: 1.41g (1.56%), Cholesterol: 19.21mg (6.4%), Sodium: 238.31mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin A: 536.22IU (10.72%), Selenium: 6.6µg (9.43%), Vitamin B12: 0.53µg (8.87%), Zinc: 1.13mg (7.54%), Vitamin B3: 1.38mg (6.88%), Phosphorus: 60.1mg (6.01%), Iron: 0.9mg (4.98%), Vitamin B6: 0.09mg (4.57%), Vitamin B2: 0.08mg (4.56%), Vitamin B1: 0.06mg (4.22%), Calcium: 39.29mg (3.93%), Manganese: 0.07mg (3.42%), Folate: 12.25µg (3.06%), Potassium: 93.64mg (2.68%), Fiber: 0.59g (2.36%), Vitamin C: 1.7mg (2.06%), Magnesium: 7.73mg (1.93%), Vitamin B5: 0.13mg (1.32%), Copper: 0.03mg (1.32%), Vitamin E: 0.19mg (1.28%)