



The American Classic

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



542 kcal

SIDE DISH

Ingredients

- 1 cup barbecue sauce thick
- 1 recipe basic burger
- 8 ounces cheddar cut into 8 slices
- 5 servings spicy ketchup
- 5 servings asian mayo
- 5 servings pesto mayo
- 16 oz onion rings frozen
- 5 servings ranch olé

5 servings the baconator

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Equipment

oven

Directions

Bake onion rings as package label directs. Keep warm.

Prepare burgers as recipe directs. Top with Cheddar during last minute.

Spread tops and bottoms of buns with barbecue sauce.

Place burgers and onion rings on buns.

Serve immediately with assorted toppings, if desired.

Nutrition Facts



PROTEIN 9.88% **FAT 58.54%** **CARBS 31.58%**

Properties

Glycemic Index:43.2, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:14.123043392016%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.54mg, Quercetin: 18.54mg, Quercetin: 18.54mg, Quercetin: 18.54mg

Nutrients (% of daily need)

Calories: 542.28kcal (27.11%), Fat: 35.56g (54.71%), Saturated Fat: 11.87g (74.2%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 40.89g (14.87%), Sugar: 28.26g (31.4%), Cholesterol: 56.52mg (18.84%), Sodium: 1389.07mg (60.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27.01%), Vitamin K: 56.58µg (53.89%), Calcium: 384.11mg (38.41%), Phosphorus: 315.56mg (31.56%), Selenium: 17.71µg (25.3%), Vitamin B2: 0.33mg (19.68%), Zinc: 2.07mg (13.78%), Vitamin A: 678.08IU (13.56%), Manganese: 0.27mg (13.46%), Vitamin E: 1.99mg (13.24%), Vitamin B6: 0.22mg (11.09%), Potassium: 373.52mg (10.67%), Folate: 38.94µg (9.73%), Vitamin C: 7.78mg (9.43%), Vitamin B12: 0.56µg (9.31%), Fiber: 2.26g (9.03%), Magnesium: 34.26mg (8.57%), Vitamin B1: 0.12mg (8.11%), Vitamin B5: 0.65mg (6.53%), Copper: 0.12mg (6.04%), Iron: 1.08mg (6.02%), Vitamin B3: 1.06mg (5.3%), Vitamin D: 0.32µg

(2.12%)