



The Super BBQ Cheeseburger

READY IN



28 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 1.5 lb ground beef
- 12 clausen kosher dill burger
- 6 singles kraft
- 6 lettuce leaves
- 6 kaiser rolls split toasted
- 12 slices tomatoes

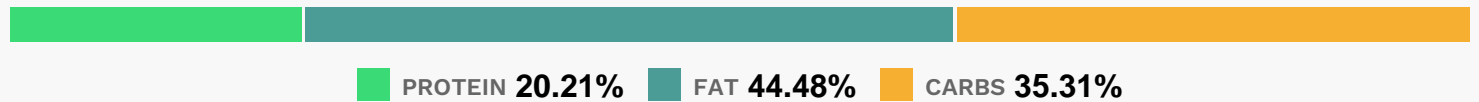
Equipment

grill

Directions

- Preheat grill to medium heat.
- Mix meat and 1/4 cup of the barbecue sauce. Shape into 6 patties.
- Grill patties 6 to 8 minutes on each side or until cooked through (160F), turning and brushing occasionally with the remaining 1/4 cup barbecue sauce for the last 5 minutes of the grilling time. Top each patty with 1 Singles; continue grilling 2 minutes or until Singles begin to melt.
- Place lettuce and tomatoes on bottom halves of rolls; top with burgers, pickles and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:22.98, Inflammation Score:-8, Nutrition Score:18.63869578942%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 523.3kcal (26.17%), Fat: 25.6g (39.39%), Saturated Fat: 8.82g (55.14%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 42.9g (15.6%), Sugar: 14.27g (15.85%), Cholesterol: 80.67mg (26.89%), Sodium: 1684.18mg (73.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.34%), Iron: 13.52mg (75.13%), Vitamin A: 2106.57IU (42.13%), Vitamin B12: 2.43µg (40.45%), Zinc: 5mg (33.33%), Vitamin B3: 5.19mg (25.93%), Selenium: 17.46µg (24.95%), Vitamin K: 24.47µg (23.3%), Vitamin B6: 0.45mg (22.7%), Phosphorus: 221.41mg (22.14%), Vitamin B2: 0.28mg (16.62%), Potassium: 560.73mg (16.02%), Calcium: 120.83mg (12.08%), Fiber: 2.85g (11.38%), Vitamin B1: 0.14mg (9.34%), Vitamin C: 7.47mg (9.05%), Manganese: 0.18mg (8.84%), Magnesium: 34.82mg (8.7%), Folate: 28.23µg (7.06%), Vitamin B5: 0.68mg (6.75%), Copper: 0.12mg (6.07%), Vitamin E: 0.89mg (5.96%)