



Ultimate Caesar Burgers

READY IN



27 min.

SERVINGS



8

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.5 cup classic caesar dressing kraft
- 8 hamburger buns
- 2 lb ground beef lean
- 8 lettuce leaves
- 2 Tbsp parmesan cheese grated kraft

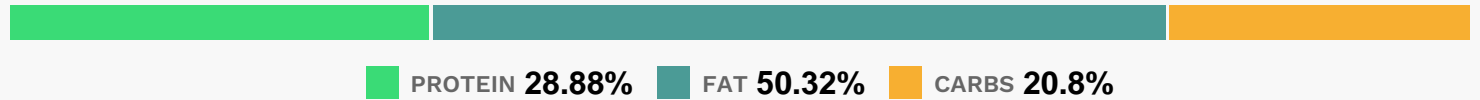
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix meat, dressing, bacon and cheese. Shape into 8 patties.
- Place patties on grill; cover with lid. Grill 4 to 6 min. on each side or until done (160F).
- Fill buns with patties; top with lettuce.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:12.88, Inflammation Score:-8, Nutrition Score:20.569999985073%

Nutrients (% of daily need)

Calories: 455.53kcal (22.78%), Fat: 24.92g (38.34%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 22.1g (8.04%), Sugar: 3.78g (4.2%), Cholesterol: 91.64mg (30.55%), Sodium: 639.22mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.37%), Selenium: 36.67µg (52.38%), Vitamin B12: 2.76µg (45.96%), Vitamin B3: 9.02mg (45.08%), Zinc: 6.46mg (43.09%), Vitamin A: 1801.34IU (36.03%), Phosphorus: 317.31mg (31.73%), Vitamin B6: 0.56mg (27.94%), Iron: 4.64mg (25.8%), Vitamin B1: 0.37mg (24.43%), Vitamin B2: 0.36mg (21.05%), Vitamin K: 17.85µg (17%), Manganese: 0.33mg (16.51%), Potassium: 541.5mg (15.47%), Folate: 55.58µg (13.89%), Magnesium: 41.33mg (10.33%), Calcium: 99.97mg (10%), Vitamin E: 1.3mg (8.69%), Vitamin B5: 0.87mg (8.66%), Copper: 0.15mg (7.27%), Vitamin C: 4.92mg (5.97%), Fiber: 1.09g (4.35%), Vitamin D: 0.22µg (1.48%)