



## Zesty Burgers

READY IN



23 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb ground beef
- 2 tsp 1/2 env. (about 2 tsp.) good seasons zesty italian dressing mix italian good
- 4 lettuce leaves
- 0.3 cup miracle whip dressing
- 12 onion rings red thin
- 4 kaiser rolls split

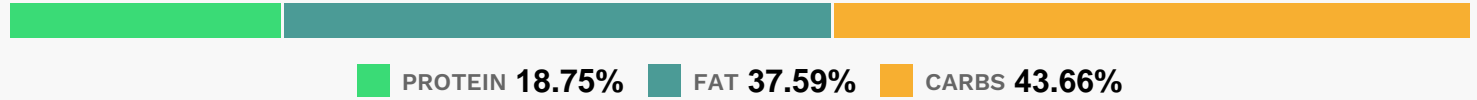
## Equipment

- grill

## Directions

- Mix meat and dressing mix. Shape into 4 patties.
- Place patties on greased grill over medium coals. Grill 7 to 9 min. on each side or until cooked through (160F).
- Spread cut sides of rolls evenly with dressing. Fill with patties, lettuce and onions.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:29.77, Inflammation Score:-9, Nutrition Score:22.900000302688%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 66.99mg, Quercetin: 66.99mg, Quercetin: 66.99mg, Quercetin: 66.99mg

## Nutrients (% of daily need)

Calories: 612.64kcal (30.63%), Fat: 25.64g (39.45%), Saturated Fat: 8.94g (55.85%), Carbohydrates: 67.01g (22.34%), Net Carbohydrates: 59.79g (21.74%), Sugar: 20.2g (22.45%), Cholesterol: 81.95mg (27.32%), Sodium: 618.76mg (26.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.54%), Iron: 13.78mg (76.54%), Vitamin B12: 2.43µg (40.45%), Vitamin B6: 0.79mg (39.31%), Vitamin A: 1794.56IU (35.89%), Zinc: 5.35mg (35.66%), Vitamin C: 28.74mg (34.84%), Fiber: 7.22g (28.87%), Phosphorus: 282.63mg (28.26%), Selenium: 18.8µg (26.86%), Vitamin B3: 5.27mg (26.36%), Manganese: 0.51mg (25.45%), Potassium: 842.34mg (24.07%), Folate: 79.76µg (19.94%), Vitamin B2: 0.28mg (16.53%), Vitamin B1: 0.22mg (14.97%), Magnesium: 55.4mg (13.85%), Calcium: 112.3mg (11.23%), Copper: 0.2mg (9.89%), Vitamin B5: 0.98mg (9.75%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.36µg (3.2%)