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## Low-Carb Cheeseburger ••

A low-carb version of a classic cheeseburger, without meat or dressing. This recipe is perfect for those following a low-carb diet.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

200 g	veggie patty
100 g	cheese
50 g	lettuce
50 g	Tomato
50 g	onion
50 g	Pickles

10 g	mustard
10 g	ketchup

## Directions

### Step 1

#### Microwaving

Cook the veggie patty according to the package instructions.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 2

#### Cutting

Slice the cheese, lettuce, tomato, onion, and pickles.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Assembly

Assemble the cheeseburger by placing the cooked veggie patty on a bun and adding the cheese, lettuce, tomato, onion, pickles, mustard, and ketchup.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Nutritional Content

Low Carb

### Kitchen Tools

Slow Cooker

Blender

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Oktoberfest

### Demographics

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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