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Deluxe Double Hamburger ·•

The Deluxe Double Hamburger is a classic American burger made with two beef patties, cheese, lettuce, tomato, onion, pickles, and special sauce. It's a delicious and satisfying meal that is perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

800 g	Ground Beef
4 pieces	Hamburger Buns
200 g	cheddar cheese
100 g	lettuce
100 g	Tomato

50 g	onion
50 g	Pickles
100 g	special sauce

Directions

Step 1

Preheating

Preheat the grill or stovetop griddle.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Divide the ground beef into 8 equal portions and shape them into patties.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the patties for 4-5 minutes on each side or until they reach your desired level of doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Grilling

Toast the hamburger buns on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Assemble the burgers by placing a patty on the bottom bun, followed by cheese, lettuce, tomato, onion, pickles, and special sauce. Top with the second patty and the top bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Deluxe Double Hamburger immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
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	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Drinks

Main Dishes

Side Dishes

Sauces & Dressings

Cooking Method

Steaming

Simmering

Serving

Cooking

None

Stir-frying

Mashing

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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