



Healthdor

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## Angus CBO

The Angus CBO is a delicious burger made with Angus beef and topped with cheddar cheese, bacon, and onion rings. It is a popular fast food item known for its rich flavor and satisfying taste. The burger is typically served with a side of fries and a drink.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g	angus beef patty
50 g	cheddar cheese
50 g	bacon
30 g	onion rings
2 pieces	burger bun

20 g	lettuce
30 g	Tomato
20 g	mayonnaise
20 g	ketchup

## Directions

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### Step 1

#### Preheating

Preheat the grill or stovetop pan.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

#### Grilling

Cook the Angus beef patty for 4-5 minutes on each side until it reaches the desired level of doneness.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

#### Grilling

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

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 4

Assemble the burger by placing the cooked patty on the bottom bun, followed by the cheddar cheese, bacon, lettuce, tomato, onion rings, mayonnaise, and ketchup.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

Place the top bun on the assembled burger.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 30 g

**Protein:** 25 g

**Carbohydrates: 35 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	6 mg	6.67%	8%
Vitamin B6	1 mg	76.92%	76.92%
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	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

# Recipe Attributes

## Events

Christmas Barbecue Picnic

## Cuisines

Italian French American

## Nutritional Content

Low Calorie

## Kitchen Tools

Slow Cooker

## Course

Drinks Salads Soups Snacks

## Cultural

Chinese New Year Halloween

## Demographics

Pregnancy Safe Lactation Friendly Allergy Friendly Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

## Meal Type

Lunch Dinner Snack

## Difficulty Level

Easy

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