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Colorado Smashburger ·•

The Colorado Smashburger is a classic American burger made with a smashed patty, topped with cheese, lettuce, tomato, onion, and pickles. It's a juicy and flavorful burger that is perfect for grilling or cooking on a stovetop. This recipe is not vegetarian or vegan.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Ground Beef
4 slices	cheese
4 leaves	lettuce
4 slices	Tomato

4 slices	onion
8 slices	Pickles
4 pieces	burger buns
1 tsp	Salt
1 tsp	Pepper
2 tbsp	vegetable oil

Directions

Step 1

Preheating

Preheat the grill or stovetop to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Divide the ground beef into 4 equal portions and shape them into patties. Season each patty with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Brush the grill or stovetop with vegetable oil. Place the patties on the grill or stovetop and cook for about 4 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

During the last minute of cooking, place a slice of cheese on each patty and allow it to melt.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Resting

Remove the patties from the grill or stovetop and let them rest for a few minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the burgers by placing a patty on the bottom half of each bun. Top with lettuce, tomato, onion, and pickles. Cover with the top half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Colorado Smashburgers with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
Cholesterol	70 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

American

Italian

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Snacks

Sauces & Dressings

Main Dishes

Drinks

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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