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Firecracker Burgers ^{♦♦}

Firecracker Burgers are a spicy twist on traditional burgers. They are made with a blend of ground beef and spices, then topped with a fiery sauce and served on a toasted bun. These burgers are perfect for those who like a little heat in their meals.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
4 pieces	Hamburger Buns
2 tsp	hot sauce
100 g	cheddar cheese
50 g	lettuce

100 g	Tomato
50 g	onion
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Mixing

In a mixing bowl, combine ground beef, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Shaping

Divide the mixture into 4 equal portions and shape into patties.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat grill to medium-high heat. Grill the patties for 4-5 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Mixing

In a small bowl, mix hot sauce with mayonnaise to make the fiery sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Toasting

Toast the hamburger buns on the grill. Place a cooked patty on each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Melting

Top each patty with a slice of cheddar cheese and let it melt.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Serving

Spread the fiery sauce on the top half of each bun. Top the burgers with lettuce, tomato, and onion. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 28 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	4 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	12 g	54.55%	70.59%
Fat	28 g	100%	112%
Cholesterol	65 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	6 mg	6.67%	8%
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	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Demographics

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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