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Joey Boomerang Cheese Burger ♦♦

The Joey Boomerang Cheese Burger is a classic American burger made with high-quality beef, melted cheese, and a soft bun. It is known for its juicy and flavorful patty, which is cooked to perfection. This burger is perfect for meat lovers who enjoy a delicious and satisfying meal.

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

500 g	Ground Beef
4 slices	cheese slices
4 buns	burger buns
4 leaves	lettuce

4 slices Tomato

4 slices onion

4 tbsp ketchup

4 tbsp mustard

1 tsp Salt

1 tsp Pepper

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix the ground beef, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Shaping

Shape the ground beef mixture into patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Grilling

Grill or cook the patties until they reach your desired level of doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Melting

Place a cheese slice on top of each patty and let it melt.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Toasting

Toast the burger buns on the grill or stovetop pan.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Assembling

Assemble the burgers by placing the patties on the bottom bun, followed by lettuce, tomato, onion, ketchup, and mustard.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the Joey Boomerang Cheese Burgers immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 20 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	20 g	36.36%	40%
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%

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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
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	10 mg	0.29%	0.38%
Zinc	20 mg	181.82%	250%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

American

Italian

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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