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Kids Burger ♦

A delicious burger recipe specially designed for kids. It is made without cheese and served with a side dish. This recipe is loved by children and can be a great meal option for them.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	Ground Beef
4 pieces	Hamburger Buns
50 g	lettuce
50 g	Tomato
50 g	onion

50 g	ketchup
50 g	mustard
50 g	mayonnaise
5 g	Salt
2 g	Pepper

Directions

Step 1

Preheating

Preheat the grill or stovetop.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Shaping

Divide the ground beef mixture into 4 equal portions and shape them into burger patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Grilling

Grill or cook the burger patties on medium heat for 4-5 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Toasting

Toast the hamburger buns on the grill or stovetop.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assembling

Assemble the burgers by placing the cooked patties on the buns. Top with lettuce, tomato, and onion slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Spreading

Spread ketchup, mustard, and mayonnaise on the buns.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 16 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	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	6 g	27.27%	35.29%
Fat	16 g	57.14%	64%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
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

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Engine 2 Diet

Course

Snacks

Salads

Main Dishes

Side Dishes

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Snack

Lunch

Difficulty Level

Medium

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