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Factory Burger w/Chips

The Factory Burger is a classic American burger made with high-quality beef patties, topped with cheese, lettuce, tomato, and pickles. Served with a side of crispy chips, this burger is a crowd favorite for any occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	beef patties
4 pieces	cheese slices
100 g	lettuce
100 g	Tomato
50 g	Pickles

200 g chips

Directions

Step 1

Grilling

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill or cook the beef patties until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Grilling

Place cheese slices on top of the beef patties and melt.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Grilling

Toast the burger buns.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Assemble the burgers by placing lettuce, tomato, and pickles on the bottom bun, followed by the beef patty with melted cheese, and finally the top bun.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serve the burgers with a side of crispy chips.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
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	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
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	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
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	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Appetizers

Side Dishes

Desserts

Cultural

Chinese New Year

Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

Difficulty Level

Medium

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