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Kid Burger ••

The Kid Burger is a classic burger recipe that is loved by kids. It is made with a juicy beef patty, melted cheese, fresh vegetables, and a soft bun. This burger is perfect for a family meal or a kids' party.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Ground Beef
4 slices	cheese slices
4 buns	Hamburger Buns
4 leaves	lettuce
4 slices	Tomato

4 slices	onion
4 tbsp	ketchup
2 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, grilling

In a bowl, mix the ground beef, salt, and pepper. Form the mixture into patties.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the patties for about 4 minutes on each side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Grilling

Toast the hamburger buns on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Cut, plating

Assemble the burgers by placing a patty on the bottom bun, followed by lettuce, tomato, onion, ketchup, and mustard. Top with the other half of the bun.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 25 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	25 g	45.45%	50%
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	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
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

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Breads

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Difficulty Level

Easy

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