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## Flame-Grilled Big King Sandwich

The Flame-Grilled Big King Sandwich is a delicious burger made with flame-grilled beef patties, topped with cheese, lettuce, onions, pickles, and Big King sauce. It is a classic fast food sandwich that is perfect for a quick and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>400 g</b>	beef patties
<b>4 slices</b>	cheese
<b>50 g</b>	lettuce
<b>30 g</b>	Onions
<b>30 g</b>	Pickles

100 g big king sauce

## Directions

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### Step 1

#### Preheating

Preheat the grill.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Grilling

Grill the beef patties for 4-5 minutes on each side.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

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

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

Grilling

Toast the buns on the grill for 1-2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 5

Assemble the sandwich by placing the beef patty with melted cheese on the bottom bun, followed by lettuce, onions, pickles, and Big King sauce. Top with the other half of the bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 540 kcal

**Fat:** 30 g

**Protein:** 28 g

**Carbohydrates:** 40 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	28 g	164.71%	164.71%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	30 g	107.14%	120%
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	4 mg	4.44%	5.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	3 mcg	125%	125%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	980 mg	42.61%	42.61%
Calcium	25 mg	2.5%	2.5%
Iron	20 mg	250%	111.11%
Potassium	460 mg	13.53%	17.69%
Zinc	4 mg	36.36%	50%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Barbecue

Picnic

## Kitchen Tools

Microwave

## Cuisines

American

Italian

## Diet

Anti-Inflammatory Diet

## Nutritional Content

Low Calorie

## Course

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

## Cultural

Diwali

Thanksgiving

Halloween

## Cost

Under \$10

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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