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Sirloin Cheeseburger ••

The Sirloin Cheeseburger is a classic American dish that features a juicy sirloin patty topped with melted cheese and served on a toasted bun. It is often accompanied by traditional burger toppings such as lettuce, tomato, onion, and pickles. This recipe is perfect for meat lovers and is a popular choice for backyard barbecues and casual dining.

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 sirloin

4 slices cheese slices

4 buns burger buns

4 lettuce
leaves

4 slices Tomato

4 slices onion

4 slices Pickles

1 tsp Salt

1 tsp Pepper

2 tbsp Oil

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 sirloin with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Shaping

Divide the meat mixture into four equal portions and shape them into patties.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Brush the grill or pan with oil and cook the patties for about 4-5 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Melting

During the last minute of cooking, place a cheese slice on each patty and allow it to melt.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Toasting

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Assembling

Assemble the burgers by placing a patty on the bottom bun and topping it with lettuce, tomato, onion, and pickles.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the Sirloin Cheeseburgers with your favorite side dishes and condiments.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 22 g

Protein: 20 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	4 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	9 g	40.91%	52.94%
Fat	22 g	78.57%	88%
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	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
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	15 mg	1.5%	1.5%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	3 mg	27.27%	37.5%
Selenium	14 mcg	25.45%	25.45%

Recipe Attributes

Events

Christmas Barbecue Picnic

Cuisines

American

Nutritional Content

Low Calorie High Protein Low Fat Sugar-Free

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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