



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Swiss Cheeseburger ♦♦

The Swiss Cheeseburger is a classic burger recipe that features a juicy beef patty topped with Swiss cheese, caramelized onions, and mushrooms. It's a delicious and satisfying meal that is perfect for lunch or dinner.

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

500 g	Ground Beef
100 g	swiss cheese
100 g	Onions
100 g	Mushrooms
4 pieces	burger buns

50 g	lettuce
100 g	Tomato
50 g	ketchup
50 g	mustard
5 g	Salt
5 g	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 with salt and pepper. Form the mixture into patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the patties for about 4-5 minutes on each side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Sautéing

While the patties are cooking, sauté the onions and mushrooms in a separate pan until caramelized.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Grilling, toasting

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assembling

Assemble the burgers by placing a patty on each bun, topping with Swiss cheese, caramelized onions, mushrooms, lettuce, tomato, ketchup, and mustard.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	6 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	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
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	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
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	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Barbecue

Picnic

Cuisines

American

Course

Side Dishes

Breads

Salads

Snacks

Cultural

Chinese New Year

Cost

\$10 to \$20

Over \$50

Demographics

Kids Friendly

Teen Friendly

Heart Healthy

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Atkins Diet

Vegetarian Diet

The F-Plan Diet

Cooking Method

Steaming

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com