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Cheeseburger ♦♦

A classic cheeseburger recipe with a juicy 1/4 lb patty and melted cheese.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 113 grams

Number of Servings: 1

Serving Size: 113 g

Ingredients

0.25 lbs Ground Beef

1 slices cheese

1
pieces burger buns

1
leaves lettuce

1 slices Tomato

1 slices onion

1 tbsp ketchup

1 tbsp mustard

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Form the ground beef into a patty.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Grilling

Cook the patty on the grill or stovetop pan for about 4-5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Grilling

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

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Grilling

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

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Assemble the burger by placing the patty with melted cheese on the bottom bun. Add lettuce, tomato, onion, ketchup, and mustard. Top with the other bun.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
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	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Events

Picnic

Cuisines

American

Course

Main Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Cut

Mixing

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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