



CHEESY STAR-SPANGLED SQUARE BURGERS

Nutrition Facts Report
Source: Custom

Yield: 12 (1.000 item(s))
No. Ingredients: 5

Category: Basic Food
Manufacturer: (None)

Ingredients

2.000 lb. Ground Beef, 95% Lean Meat / 5% Fat, Raw
1.000 item LIPTON RECIPE SCERETS ONION SOUP MIX-DRY
0.500 c. Catsup or Ketchup
12.000 sl. Nature's Own Honey Wheat Bread
6.000 oz. American Cheese, Processed

Nutrition Facts

Serving Size 1.00 item(s) (128g)

Amount Per Serving

Calories 243 **Calories from Fat** 79

% Daily Value

Total Fat 8.7g 13 %

Saturated Fat 4.5g 22 %

Trans Fat 0.3g

Cholesterol 60.2mg 20 %

Sodium 695.7mg 29 %

Total Carbohydrate 17.9g 6 %

Dietary Fiber 1.0g 4 %

Sugars 4.3g

Protein 21.8g

Vitamin A 5 % Calcium 9 %

Vitamin C 3 % Iron 16 %

Instructions