Beef (Ground Beef)

Bun

High Protein

Dinner D5-10

Green Chili Cheeseburgers

3oz Baby Carrots

Notes:	*Servings*	*Prep*	*Cook*	*Total*
	6	5 min	6 min	11 min

Nutritional Information

1/20/2026

	Burger	*Carrots*	*Total*
Calories	399	*35*	*434*
Total Fat (g)	18	*0*	*18*
Saturated Fat (g)	**8**	***0***	***8***
Cholesterol (mg)	**75**	***0***	***75***
Sodium (mg)	**602**	***65***	***667***
Carbs (g)	**34**	***8***	***42***
Fiber	1	*2*	*3*
Sugar	7	*5*	*12*
Protein (g)	25	*1*	*26*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	2	2				

MM

3 Carb Count ***7 HH Score***

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