

# Patty Melt Burger

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-burger-patty-recipe-south-africa>

## Ingredients:

- 1 1/2 pounds ground beef 80/20, hand shaped into 4 square patties
- 8 slices cheddar cheese
- 1 white onion sliced
- 8 slices rye bread
- 2 tablespoons grapeseed oil
- salt
- pepper

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 175 milligrams
4. Fat: 53 grams
5. Fiber: 5 grams
6. Protein: 53 grams
7. SaturatedFat: 23 grams
8. Sodium: 1080 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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