



## Awesome BBQ Burgers

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 avocado sliced
- 0.3 cup original barbecue sauce kraft
- 1 cup cucumber thin
- 4 hamburger buns toasted
- 4 lettuce leaves
- 10 oz veggie patty frozen
- 0.3 cup philadelphia

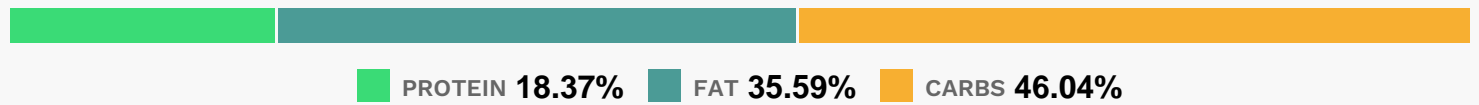
### Equipment

grill

## Directions

- Heat grill to medium heat.
- Grill burgers 8 min. or until cooked through (160F), turning after 4 min. and brushing with barbecue sauce for the last 2 min.
- Spread bottom halves of buns with reduced-fat cream cheese.
- Fill with lettuce, burgers, cucumbers and avocados.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:15.48, Inflammation Score:-9, Nutrition Score:24.393913144651%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 373.61kcal (18.68%), Fat: 14.89g (22.9%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 36.77g (13.37%), Sugar: 11.22g (12.47%), Cholesterol: 17.87mg (5.96%), Sodium: 853.5mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.57%), Vitamin B1: 2.17mg (144.68%), Manganese: 1.07mg (53.39%), Selenium: 29.44µg (42.06%), Vitamin A: 2079.93IU (41.6%), Folate: 164.06µg (41.02%), Fiber: 6.56g (26.26%), Vitamin B12: 1.54µg (25.7%), Vitamin B3: 5.12mg (25.6%), Vitamin B2: 0.41mg (24.02%), Phosphorus: 235.19mg (23.52%), Iron: 3.74mg (20.78%), Calcium: 194.28mg (19.43%), Vitamin B6: 0.37mg (18.44%), Magnesium: 67.58mg (16.89%), Potassium: 562.3mg (16.07%), Vitamin C: 11.75mg (14.24%), Copper: 0.28mg (13.77%), Vitamin K: 13.33µg (12.7%), Zinc: 1.57mg (10.49%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.74mg (7.44%)