



Best Veggie Burgers

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup philadelphia chive & onion cream cheese spread
- 4 clausen kosher dill burger
- 4 kaiser rolls split toasted
- 10 oz veggie patty frozen

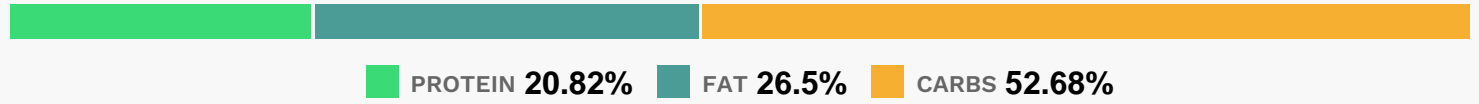
Equipment

- grill

Directions

- Heat grill to medium heat.
- Grill burgers 8 min. or until cooked through (160F), turning after 4 min.
- Spread rolls with cream cheese spread; fill with burgers and pickles.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:6.69, Inflammation Score:-1, Nutrition Score:5.2613044173821%

Nutrients (% of daily need)

Calories: 91.11kcal (4.56%), Fat: 2.67g (4.11%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.57g (3.84%), Sugar: 1.7g (1.88%), Cholesterol: 3.29mg (1.1%), Sodium: 343.15mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin B1: 0.51mg (33.93%), Iron: 3.34mg (18.53%), Manganese: 0.19mg (9.39%), Vitamin B12: 0.38µg (6.33%), Folate: 24.82µg (6.21%), Selenium: 4.27µg (6.1%), Fiber: 1.38g (5.53%), Phosphorus: 41.71mg (4.17%), Calcium: 41.31mg (4.13%), Vitamin B3: 0.73mg (3.64%), Vitamin K: 3.71µg (3.53%), Vitamin B2: 0.06mg (3.29%), Vitamin B6: 0.06mg (3.16%), Magnesium: 11.8mg (2.95%), Potassium: 82.35mg (2.35%), Copper: 0.04mg (2.12%), Zinc: 0.26mg (1.71%), Vitamin C: 1.21mg (1.47%), Vitamin A: 70.69IU (1.41%)