



## Blue Cheese-Stuffed Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 ounce cheese blue crumbled
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 1 egg white lightly beaten
- ☐ 4 ounce muffins english toasted
- ☐ 1 pound ground round
- ☐ 4 lettuce leaves
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1 inch tomatoes

☐ 2 tablespoons water

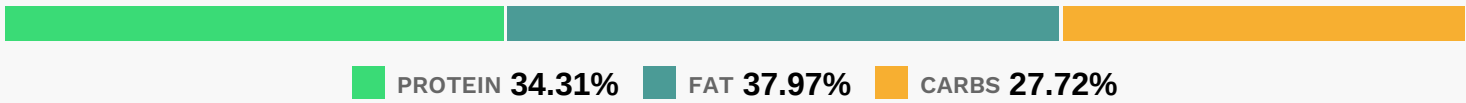
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Coat a small nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add onion; saute 5 minutes or until tender.
- ☐ Remove from heat; let cool.
- ☐ Combine onion, beef, breadcrumbs, water, and egg white in a large bowl; stir well. Divide mixture into 8 equal portions, shaping into 1/2-inch-thick patties. Spoon 1 tablespoon cheese into the center of 4 patties; top with remaining patties. Press edges together to seal.
- ☐ Prepare grill.
- ☐ Place patties on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Spread 1 tablespoon sour cream over top half of each muffin, and set aside. Line bottom halves of muffins with lettuce leaves; top each with a tomato slice,a patty, and top half of muffin.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:9.67, Inflammation Score:-8, Nutrition Score:17.481304215348%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 347.1kcal (17.35%), Fat: 14.32g (22.02%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 21.82g (7.94%), Sugar: 1.71g (1.9%), Cholesterol: 80.32mg (26.77%), Sodium: 383.43mg (16.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Vitamin B12: 2.68µg (44.67%), Zinc: 6.09mg (40.57%), Vitamin A: 1873.38IU (37.47%), Selenium: 24.25µg (34.64%), Vitamin B3: 6.91mg (34.53%), Phosphorus: 313.85mg (31.39%), Vitamin B6: 0.5mg (25.16%), Vitamin B2: 0.36mg (21.29%), Iron: 3.44mg (19.12%), Potassium: 542.02mg (15.49%), Vitamin B1: 0.21mg (14.2%), Manganese: 0.28mg (14.07%), Calcium: 111.52mg (11.15%), Folate: 42.77µg (10.69%), Magnesium: 41.02mg (10.25%), Vitamin B5: 1mg (10.05%), Copper: 0.15mg (7.68%), Vitamin C: 5.92mg (7.17%), Fiber: 1.69g (6.76%), Vitamin E: 0.47mg (3.11%), Vitamin K: 1.7µg (1.62%)