



## BOCA Blue Cheese Burger

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp athenos cheese blue crumbled
- 0.5 cup lettuce shredded
- 1 dash pepper black freshly ground
- 0.3 cup tomatoes chopped
- 1 veggie patty frozen

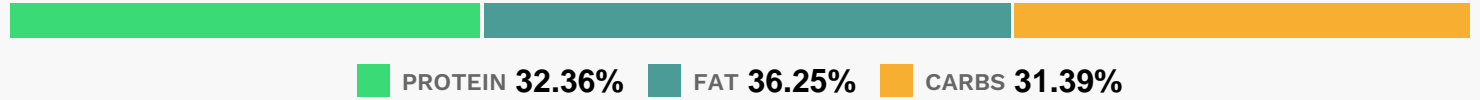
### Equipment

- frying pan

## Directions

- Cook burger in skillet as directed on package, topping with cheese and covering skillet for the last minute.
- Place lettuce on plate.
- Top with burger, tomatoes and pepper.

## Nutrition Facts



## Properties

Glycemic Index:10.73, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.2330434751575%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 10.71kcal (0.54%), Fat: 0.44g (0.67%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.16g (0.18%), Cholesterol: 0.58mg (0.19%), Sodium: 32.29mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin B1: 0.13mg (8.38%), Manganese: 0.05mg (2.56%), Folate: 7.02µg (1.76%), Vitamin B12: 0.1µg (1.66%), Selenium: 1.13µg (1.61%), Phosphorus: 12.51mg (1.25%), Fiber: 0.29g (1.16%)