



Breakfast Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 muffins split english toasted
- 1.5 cups hash browns shredded frozen thawed
- 0.5 cup onion finely chopped
- 6 oz pepper jack cheese
- 0.5 cup bell pepper red finely chopped
- 19.5 oz turkey sausage refrigerated italian hot
- 2 teaspoons vegetable oil

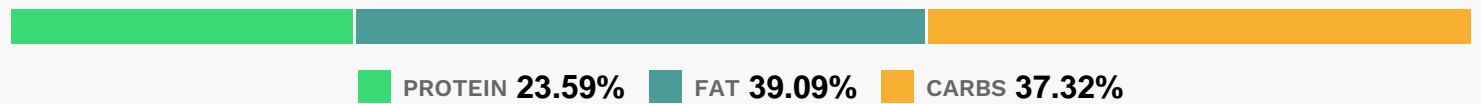
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Remove casing from sausage; crumble sausage into medium bowl.
- Add onion, bell pepper and potatoes; mix well. Shape mixture into 6 patties, about 1 inch thick.
- In 12-inch nonstick skillet, heat oil over medium heat. Cook patties in oil 13 to 16 minutes, turning once or twice, until thermometer inserted in center of patties reads 165F.
- Top each patty with 1 slice cheese. Cover; let stand 1 minute until cheese is melted.
- Serve on toasted muffins.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:21.65, Inflammation Score:-7, Nutrition Score:19.984782690587%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 450.14kcal (22.51%), Fat: 19.55g (30.08%), Saturated Fat: 9.02g (56.39%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 38.4g (13.96%), Sugar: 4.18g (4.64%), Cholesterol: 74.06mg (24.69%), Sodium: 1302.18mg (56.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.1%), Vitamin C: 49.25mg (59.7%), Iron: 10.15mg (56.4%), Phosphorus: 403.9mg (40.39%), Selenium: 24.8µg (35.43%), Calcium: 269.66mg (26.97%), Vitamin B3: 5.32mg (26.58%), Vitamin B6: 0.5mg (24.79%), Zinc: 3.38mg (22.51%), Vitamin B2: 0.38mg (22.31%), Manganese: 0.38mg (18.76%), Vitamin B1: 0.24mg (15.77%), Vitamin A: 739.72IU (14.79%), Fiber: 3.59g (14.36%), Potassium: 474.43mg (13.56%), Magnesium: 51.26mg (12.81%), Vitamin B5: 1.27mg (12.73%), Copper: 0.24mg (12.21%), Folate: 43.91µg (10.98%), Vitamin B12: 0.65µg (10.9%), Vitamin K: 4.13µg (3.93%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.17µg (1.13%)