



Cheesy Mushroom Burgers

READY IN



33 min.

SERVINGS



33

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup basil fresh chopped
- 1 lb ground beef
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 cup mushrooms chopped
- 4 small plum tomatoes chopped
- 0.3 cup roasted pepper dressing red italian divided kraft
- 4 rolls split hard italian-style

Equipment

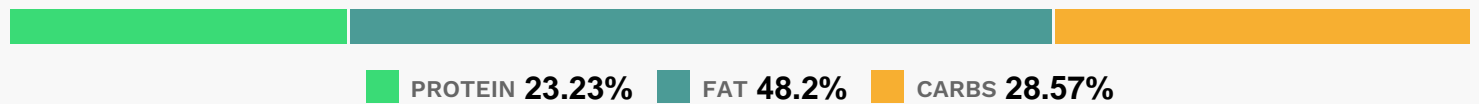
frying pan

grill

Directions

- Preheat grill to medium heat. Toss tomatoes with basil and 2 Tbsp.of the dressing; set aside.
- Heat remaining dressing in skillet on medium heat.
- Add mushrooms; cook and stir 5 min. or until tender and liquid has evaporated. Stir in 1/2 of the tomato mixture and cheese. Cool slightly.
- Mix meat and mushroom mixture. Shape evenly into 4 patties. Grill patties 7 to 9 min. on each side or until cooked through (160F).
- Cover bottom halves of rolls with burgers. Top with remaining tomato mixture and top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:2.2178260748801%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 62.45kcal (3.12%), Fat: 3.32g (5.1%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.16g (1.51%), Sugar: 0.8g (0.89%), Cholesterol: 10.85mg (3.62%), Sodium: 70.22mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Iron: 1.61mg (8.95%), Vitamin B12: 0.31µg (5.15%), Zinc: 0.65mg (4.35%), Vitamin B3: 0.74mg (3.7%), Selenium: 2.58µg (3.69%), Phosphorus: 34.19mg (3.42%), Vitamin B6: 0.06mg (2.84%), Vitamin B2: 0.04mg (2.3%), Vitamin C: 1.62mg (1.96%), Potassium: 67.68mg (1.93%), Calcium: 18.11mg (1.81%), Vitamin A: 85.87IU (1.72%), Vitamin K: 1.62µg (1.55%), Copper: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.21%), Fiber: 0.26g (1.06%), Magnesium: 4.05mg (1.01%)