



## Cheesy Tomato-Basil Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 basil leaves fresh
- 1 lb ground beef lean
- 0.3 cup milk
- 0.3 cup oil-packed sun-dried tomatoes drained chopped
- 0.5 cup mozzarella cheese shredded kraft
- 0.8 cup stove top homestyle herb stuffing mix in the canister
- 2 large tomatoes cut into 4 slices

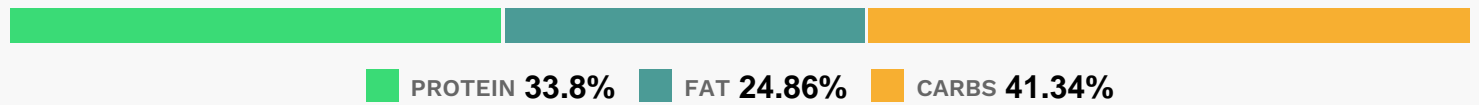
### Equipment

grill

## Directions

- Heat grill to medium heat.
- Combine stuffing mix and milk; let stand 2 min.
- Add meat, cheese and sun-dried tomatoes; mix well. Shape into 4 (1/2-inch-thick) patties.
- Grill 6 to 8 min. on each side or until done (160F).
- Place 1 burger on each of 4 large tomato slices; top with basil and remaining tomato slices.

## Nutrition Facts



## Properties

Glycemic Index:50.75, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:25.283043446748%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 415kcal (20.75%), Fat: 11.35g (17.46%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 39.08g (14.21%), Sugar: 9.77g (10.86%), Cholesterol: 84.25mg (28.08%), Sodium: 805.53mg (35.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Selenium: 44.17µg (63.1%), Vitamin B3: 9.99mg (49.95%), Vitamin B12: 2.98µg (49.63%), Zinc: 6.97mg (46.48%), Phosphorus: 403.71mg (40.37%), Vitamin B6: 0.63mg (31.29%), Iron: 5.33mg (29.63%), Potassium: 995.29mg (28.44%), Vitamin B2: 0.48mg (28.28%), Vitamin B1: 0.4mg (26.44%), Manganese: 0.52mg (25.75%), Folate: 99.77µg (24.94%), Vitamin A: 967.68IU (19.35%), Vitamin C: 15.23mg (18.47%), Magnesium: 71.54mg (17.88%), Copper: 0.35mg (17.37%), Calcium: 166.32mg (16.63%), Fiber: 3.36g (13.45%), Vitamin K: 13.02µg (12.4%), Vitamin B5: 1.23mg (12.25%), Vitamin E: 1.02mg (6.79%), Vitamin D: 0.39µg (2.62%)