



## Double-Cheese Pizza Burger

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

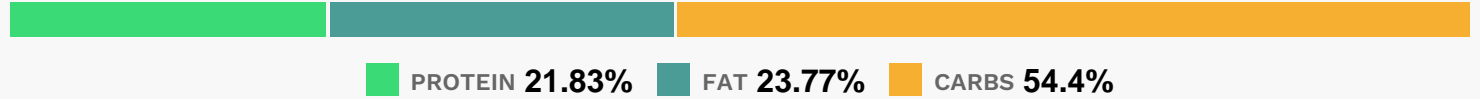
- 1 slim cut mozzarella cheese cut into 4 strips kraft
- 1 olive black pitted sliced
- 1 sandwich roll split toasted
- 2 Tbsp classico tomato and basil pasta sauce warmed
- 1 veggie patty frozen

### Equipment

## Directions

- Cook cheeseburger as directed on package.
- Spread 1 Tbsp. pasta sauce onto bottom half of roll; cover with 2 cheese strips, cheeseburger, remaining sauce, remaining cheese and olives.

## Nutrition Facts



## Properties

Glycemic Index:3.93, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.4760869488768%

## Nutrients (% of daily need)

Calories: 21.4kcal (1.07%), Fat: 0.56g (0.86%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.26g (0.29%), Cholesterol: 0.29mg (0.1%), Sodium: 59.21mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin B1: 0.14mg (9.46%), Selenium: 2.55µg (3.65%), Manganese: 0.06mg (3.09%), Folate: 9.41µg (2.35%), Vitamin B3: 0.34mg (1.68%), Vitamin B12: 0.1µg (1.59%), Fiber: 0.39g (1.55%), Vitamin B2: 0.02mg (1.43%), Iron: 0.25mg (1.39%), Phosphorus: 13.66mg (1.37%), Calcium: 11.06mg (1.11%)