



## Eddie's Special Burgers

READY IN



30 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 button mushrooms sliced
- 1 large bell peppers green sliced
- 8 hamburger buns
- 1 pound ground beef lean
- 1 cup mozzarella cheese shredded low-fat
- 1 teaspoon olive oil
- 1 small onion sliced
- 8 servings dressing fat free italian-style to taste

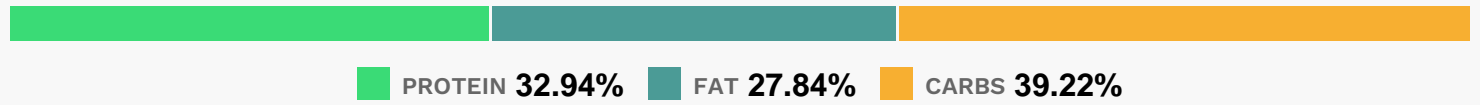
# Equipment

frying pan

# Directions

- With the ground beef, make 8 thin hamburger patties. Fry in a skillet for 3 to 4 minutes on both sides or until done. Set aside.
- In the same pan, heat the olive oil over medium heat.
- Saute the green peppers, onion, and mushrooms for 1 minute. Cover and let cook in the juices for 5 minutes.
- Place the hamburgers on the buns, top with vegetables and an ounce of low fat mozzarella cheese.
- Drizzle Italian dressing to taste.

# Nutrition Facts



# Properties

Glycemic Index:16.38, Glycemic Load:13.23, Inflammation Score:-4, Nutrition Score:14.163043421248%

# Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

# Nutrients (% of daily need)

Calories: 252.89kcal (12.64%), Fat: 7.7g (11.85%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 22.99g (8.36%), Sugar: 4.66g (5.18%), Cholesterol: 44.6mg (14.87%), Sodium: 347.5mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.02%), Selenium: 25.08µg (35.83%), Vitamin B3: 5.58mg (27.89%), Zinc: 3.71mg (24.74%), Vitamin B12: 1.48µg (24.65%), Phosphorus: 241.05mg (24.11%), Vitamin C: 18.01mg (21.83%), Vitamin B2: 0.33mg (19.46%), Vitamin B1: 0.29mg (19.17%), Calcium: 182.09mg (18.21%), Iron: 3.02mg (16.8%), Vitamin B6: 0.33mg (16.57%), Manganese: 0.29mg (14.46%), Folate: 50.83µg (12.71%), Potassium: 357.21mg (10.21%), Copper: 0.16mg (7.94%), Magnesium: 29.92mg (7.48%), Vitamin B5: 0.63mg (6.32%), Fiber: 1.42g (5.69%), Vitamin K: 4.97µg (4.74%), Vitamin E: 0.48mg (3.18%), Vitamin A: 145.03IU (2.9%)