



Feta-Stuffed Burgers

READY IN



33 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup athenos feta cheese crumbled traditional
- 1 lb ground beef lean
- 4 kaiser rolls split toasted

Equipment

- grill

Directions

- Preheat grill to medium heat. Shape meat into 8 thin patties. Cover each of 4 of the patties with 1 Tbsp. feta cheese; top with second patty. Pinch edges of patties together to seal.
- Place on grill. Grill 7 to 9 minutes on each side or until cooked through.
- Fill rolls with patties.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:23.06, Inflammation Score:-1, Nutrition Score:14.762173900138%

Nutrients (% of daily need)

Calories: 353.44kcal (17.67%), Fat: 9.89g (15.21%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 31.82g (11.57%), Sugar: 4.33g (4.81%), Cholesterol: 78.65mg (26.22%), Sodium: 474.24mg (20.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.01%), Iron: 13.41mg (74.5%), Vitamin B12: 2.7µg (44.98%), Zinc: 6.04mg (40.28%), Vitamin B3: 6.32mg (31.61%), Selenium: 21.14µg (30.2%), Phosphorus: 256.12mg (25.61%), Vitamin B6: 0.48mg (24.21%), Vitamin B2: 0.26mg (15.39%), Potassium: 398.17mg (11.38%), Vitamin B5: 0.82mg (8.19%), Magnesium: 26.73mg (6.68%), Calcium: 62.81mg (6.28%), Copper: 0.09mg (4.52%), Fiber: 1.07g (4.26%), Vitamin B1: 0.06mg (4.06%), Vitamin E: 0.33mg (2.23%), Folate: 8.67µg (2.17%), Vitamin D: 0.15µg (1.01%)