



Garden Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 curly kale leaves
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1 egg white
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup cabbage green very thinly sliced
- ☐ 0.8 pound ground round
- ☐ 7 ounce hamburger buns toasted

- ☐ 0.5 cup onion chopped
- ☐ 1 inch onion
- ☐ 1 teaspoon oregano fresh minced
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons ranch dressing light
- ☐ 0.8 teaspoon salt
- ☐ 1 inch tomatoes
- ☐ 2 tablespoons tomato sauce
- ☐ 0.3 cup water

Equipment

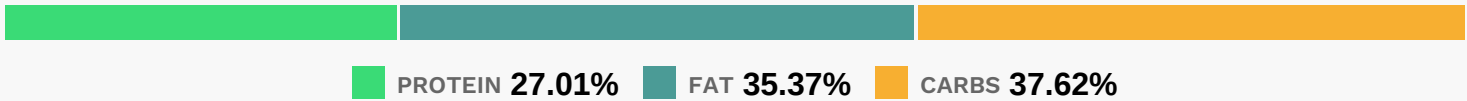
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add cabbage, bell pepper, and onion; saut 3 minutes.
- ☐ Add water, 1 tablespoon at a time, allowing each tablespoon to evaporate before adding the next; cook 5 minutes or until all liquid evaporates and vegetables are golden brown.
- ☐ Remove from heat; stir in oregano and rosemary.
- ☐ Let cool slightly.
- ☐ Combine breadcrumbs and next 4 ingredients (breadcrumbs through egg white) in a medium bowl; stir well.
- ☐ Add cabbage mixture and beef; stir well. Divide mixture into 4 equal portions, shaping into 1/2-inch-thick patties.
- ☐ Prepare grill.
- ☐ Place patties on grill rack coated with cooking spray; grill 5 minutes on each side or until done.

Spread 1 1/2 teaspoons ranch dressing over top half of each bun. Line bottom halves of buns with lettuce leaves; top each with a patty, tomato slice, onion slice, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:15.74, Inflammation Score:-9, Nutrition Score:21.060434574666%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 365.94kcal (18.3%), Fat: 14.2g (21.85%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 31.22g (11.35%), Sugar: 6.63g (7.36%), Cholesterol: 57.23mg (19.08%), Sodium: 898.92mg (39.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.79%), Vitamin K: 49.94µg (47.57%), Selenium: 30.95µg (44.21%), Vitamin B3: 7.04mg (35.21%), Vitamin B12: 2.02µg (33.6%), Zinc: 4.67mg (31.17%), Vitamin C: 25.51mg (30.92%), Vitamin B1: 0.4mg (26.59%), Phosphorus: 251.41mg (25.14%), Iron: 4.46mg (24.77%), Manganese: 0.49mg (24.46%), Vitamin A: 1210.52IU (24.21%), Vitamin B6: 0.47mg (23.41%), Vitamin B2: 0.38mg (22.16%), Folate: 78.49µg (19.62%), Potassium: 512.04mg (14.63%), Calcium: 122.38mg (12.24%), Fiber: 2.76g (11.05%), Magnesium: 42.5mg (10.63%), Copper: 0.17mg (8.74%), Vitamin B5: 0.74mg (7.37%), Vitamin E: 0.91mg (6.07%)