



Grilled Caesar Burgers

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp lite creamy caesar dressing kraft
- 4 slices bread french
- 1 cup lettuce shredded
- 1 tomatoes cut into 4 slices
- 2 veggie patty frozen

Equipment

- grill

Directions

- Heat grill to medium heat.
- Grill burgers 8 min. or until cooked through (160F), turning after 4 min.
- Meanwhile, toss lettuce with dressing.
- Fill bread slices with lettuce mixture, burgers and tomatoes to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:4.6691304501146%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 75.71kcal (3.79%), Fat: 2.16g (3.32%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.72g (3.53%), Sugar: 1.25g (1.39%), Cholesterol: 1.23mg (0.41%), Sodium: 180.45mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin B1: 0.37mg (24.91%), Selenium: 7.03µg (10.04%), Manganese: 0.19mg (9.71%), Folate: 35.23µg (8.81%), Vitamin B3: 1.23mg (6.14%), Vitamin B2: 0.1mg (5.8%), Iron: 0.96mg (5.31%), Vitamin K: 4.37µg (4.17%), Phosphorus: 40.45mg (4.04%), Fiber: 1g (3.99%), Vitamin B12: 0.19µg (3.14%), Magnesium: 11.97mg (2.99%), Vitamin B6: 0.06mg (2.78%), Copper: 0.05mg (2.54%), Calcium: 24.19mg (2.42%), Potassium: 77.82mg (2.22%), Zinc: 0.32mg (2.12%), Vitamin C: 1.68mg (2.04%), Vitamin A: 94.56IU (1.89%), Vitamin E: 0.2mg (1.35%)