



Grilled Havarti Burgers in Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium tomatoes sliced
- 0.5 medium cucumber thinly sliced
- 0.3 cup balsamic vinaigrette
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion finely chopped (1 medium)
- 0.5 teaspoon seasoning dried italian
- 0.5 teaspoon highest available proof grain spirit
- 0.5 teaspoon salt
- 4 oz havarti cheese thin

- 2 8-inch wholewheat pita breads halved () (pocket)

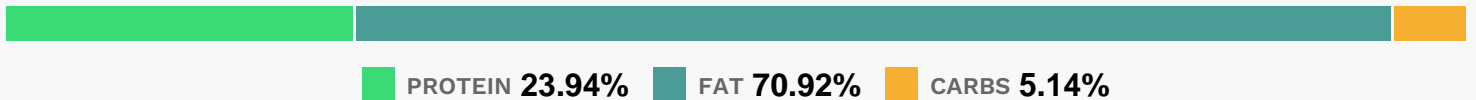
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In shallow bowl, mix tomato, cucumber and vinaigrette.
- Let stand while preparing patties.
- In medium bowl, combine ground beef, onion, Italian seasoning, garlic-pepper blend and salt; mix well. Shape mixture into 4 oblong patties, about 1/2 inch thick.
- When grill is heated, place patties on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cover grill; cook 11 to 13 minutes or until meat thermometer inserted in center of patties reads 160°F., turning once. During last 1 to 2 minutes of cooking time, place cheese on patties; cook until melted.
- Place cheese-topped patties in pita bread halves. Spoon tomato-cucumber mixture into bread halves with patties.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:15.113478256309%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 459.66kcal (22.98%), Fat: 35.83g (55.12%), Saturated Fat: 14.12g (88.27%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.52g (2.8%), Cholesterol: 105.46mg (35.15%), Sodium: 719.08mg (31.26%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 27.21g (54.43%), Vitamin B12: 2.82µg (46.97%), Zinc: 6.05mg (40.34%), Phosphorus: 351.4mg (35.14%), Selenium: 19.57µg (27.96%), Vitamin B3: 5.1mg (25.5%), Vitamin B6: 0.46mg (22.92%), Calcium: 209.89mg (20.99%), Vitamin B2: 0.28mg (16.61%), Iron: 2.54mg (14.11%), Potassium: 467.89mg (13.37%), Vitamin A: 503.82IU (10.08%), Folate: 38.18µg (9.54%), Magnesium: 37.2mg (9.3%), Vitamin C: 6.64mg (8.05%), Vitamin B5: 0.79mg (7.89%), Vitamin K: 7.93µg (7.55%), Copper: 0.14mg (7.16%), Manganese: 0.13mg (6.55%), Vitamin B1: 0.09mg (6.25%), Vitamin E: 0.89mg (5.91%), Fiber: 1.04g (4.16%), Vitamin D: 0.19µg (1.26%)