



Grilled Havarti Burgers in Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette
- 0.5 medium cucumber thinly sliced
- 4 oz havarti cheese thin
- 0.5 teaspoon seasoning dried italian
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion finely chopped (1 medium)
- 0.5 teaspoon garlic
- 2 8-inch wholewheat pita breads halved () (pocket)
- 0.5 teaspoon salt

1 medium tomatoes sliced

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 160F., 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

PROTEIN 23.97% **FAT 71.17%** **CARBS 4.86%**

Properties

Glycemic Index:53, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:15.062174102534%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 1mg, 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: 458.02kcal (22.9%), Fat: 35.83g (55.12%), Saturated Fat: 14.12g (88.26%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.51g (2.79%), Cholesterol: 105.46mg (35.15%), Sodium: 719.1mg (31.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.29%), Vitamin B12: 2.82µg (46.97%), Zinc: 6.02mg (40.13%), Phosphorus: 349.31mg (34.93%), Selenium: 19.61µg (28.01%), Vitamin B3: 5.06mg (25.31%), Vitamin B6: 0.46mg (23.03%), Calcium: 210.44mg (21.04%), Vitamin B2: 0.28mg (16.54%), Iron: 2.53mg (14.07%), Potassium: 466.76mg (13.34%), Vitamin A: 503.74IU (10.07%), Folate: 37.6µg (9.4%), Magnesium: 36.21mg (9.05%), Vitamin C: 6.76mg (8.2%), Vitamin B5: 0.78mg (7.84%), Vitamin K: 7.92µg (7.54%), Copper: 0.14mg (7.06%), Manganese: 0.13mg (6.46%), Vitamin B1: 0.09mg (6.26%), Vitamin E: 0.88mg (5.88%), Fiber: 1.01g (4.04%), Vitamin D: 0.19µg (1.26%)