



Grilled Italian Sausage Burgers

READY IN



25 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 0.5 pound ground sausage italian hot
- 2 tablespoons breadcrumbs italian-style
- 4.5 ounce mozzarella cheese
- 12 slices bread crumbs italian
- 0.5 cup julienne-cut oil-packed sun-dried tomatoes
- 1 cup lettuce shredded
- 1 medium tomatoes thinly sliced

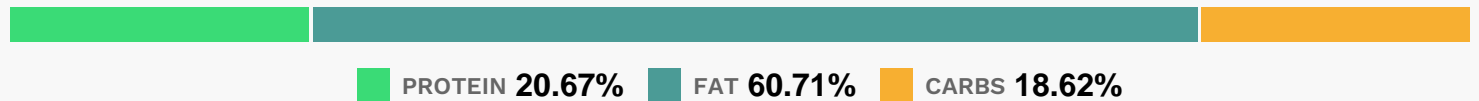
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat coals or gas grill for direct heat.
- Mix beef, sausage and bread crumbs in large bowl. Shape mixture into 6 patties, about 1/2 inch thick and 3 1/2 inches in diameter.
- Cover and grill patties 4 to 6 inches from medium heat 12 to 15 minutes, turning once, until meat thermometer inserted in center reads 160°. Top patties with cheese. Cover and grill about 1 minute longer or until cheese is melted.
- Add bread slices to side of grill for last 2 to 3 minutes of grilling, turning once, until lightly toasted.
- Spread toasted bread with mayonnaise; top 6 bread slices with lettuce, tomato and patties. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:22.144347724707%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 665.33kcal (33.27%), Fat: 45.06g (69.33%), Saturated Fat: 17.57g (109.8%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 29.14g (10.6%), Sugar: 13.56g (15.07%), Cholesterol: 92.4mg (30.8%), Sodium: 635.2mg (27.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.06%), Phosphorus: 465.72mg

(46.57%), Vitamin B3: 8.71mg (43.55%), Zinc: 6.47mg (43.17%), Vitamin B12: 2.53µg (42.23%), Selenium: 27µg (38.56%), Vitamin B6: 0.62mg (30.82%), Magnesium: 117.45mg (29.36%), Manganese: 0.56mg (27.99%), Vitamin B1: 0.42mg (27.85%), Copper: 0.5mg (25.22%), Iron: 4.46mg (24.79%), Folate: 94.96µg (23.74%), Vitamin B5: 2.27mg (22.72%), Vitamin B2: 0.37mg (21.57%), Calcium: 157.72mg (15.77%), Potassium: 547.8mg (15.65%), Fiber: 1.94g (7.76%), Vitamin A: 386IU (7.72%), Vitamin C: 4.49mg (5.44%), Vitamin K: 5.45µg (5.19%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.16µg (1.07%)