



Grilled Mini Burger Kabobs

READY IN



20 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons breadcrumbs plain
- ☐ 1 clove garlic finely chopped
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion finely chopped
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomato sauce

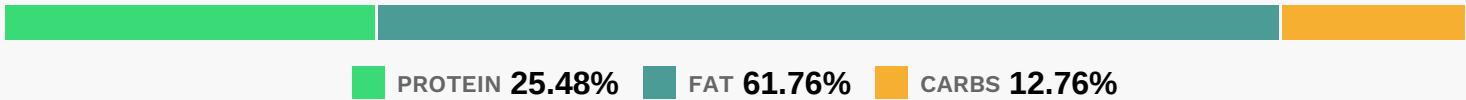
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat gas or charcoal grill. In large bowl, mix all ingredients except tomato sauce. Shape mixture into 12 (2-inch) meatballs, then flatten slightly to 3/4-inch-thick patties. On each of 4 (9-inch) metal skewers, thread 3 patties lengthwise, leaving 1-inch space between each.
- ☐ Carefully brush grill rack with oil.
- ☐ Place kabobs on grill over medium-high heat. Cover grill; cook about 10 minutes, turning occasionally, until browned on outside and no longer pink in center.
- ☐ In 1-quart saucepan, heat tomato sauce over medium-high heat, stirring occasionally, until simmering.
- ☐ Serve over kabobs.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.55, Inflammation Score:-4, Nutrition Score:14.204782584439%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 357.57kcal (17.88%), Fat: 24.34g (37.44%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 9.67g (3.52%), Sugar: 3.5g (3.89%), Cholesterol: 83.78mg (27.93%), Sodium: 778.46mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.19%), Vitamin B12: 2.5µg (41.73%), Zinc: 5.19mg (34.61%), Selenium: 20.79µg (29.7%), Vitamin B3: 5.93mg (29.65%), Phosphorus: 239mg (23.9%), Vitamin B6:

0.47mg (23.6%), Iron: 3.24mg (17.98%), Potassium: 543.62mg (15.53%), Vitamin B2: 0.26mg (15.13%), Manganese: 0.2mg (10.2%), Vitamin B1: 0.15mg (9.86%), Vitamin E: 1.38mg (9.19%), Magnesium: 35.41mg (8.85%), Copper: 0.17mg (8.61%), Vitamin B5: 0.84mg (8.43%), Calcium: 82.55mg (8.26%), Vitamin C: 6mg (7.27%), Fiber: 1.64g (6.57%), Folate: 25.54µg (6.39%), Vitamin A: 298.8IU (5.98%), Vitamin K: 4.61µg (4.39%)