



## Grilled Tex-Mex Veggie Burgers

READY IN



25 min.

SERVINGS



2

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup corn whole frozen (from 12 oz bag)
- 0.3 cup bell pepper red finely chopped
- 1 tablespoon apple cider vinegar
- 0.3 teaspoon chili powder
- 0.1 teaspoon ground cumin
- 2 vegetable burgers frozen
- 2 6-inch day old pita bread whole wheat cut in half to form pockets ()
- 2 tablespoons cream sour reduced-fat

## Equipment

- sauce pan
- grill

## Directions

- Heat gas or charcoal grill. In 1-quart saucepan, mix corn, bell pepper, vinegar, chili powder and cumin.
- Heat to boiling. Reduce heat to medium-low. Cook about 5 minutes or until vegetables are crisp-tender.
- Cover and grill burgers over medium heat 8 to 12 minutes, turning once, until heated through.
- Cut burgers in half.
- Place each burger half in pita bread pocket. Top with corn mixture and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:4.439999975588%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 296.95kcal (14.85%), Fat: 14.07g (21.65%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.11g (2.59%), Sugar: 0.89g (0.99%), Cholesterol: 112.04mg (37.35%), Sodium: 215.54mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.78%), Vitamin C: 24.6mg (29.81%), Vitamin A: 832.61IU (16.65%), Iron: 1.79mg (9.96%), Folate: 21.19µg (5.3%), Calcium: 48.52mg (4.85%), Manganese: 0.09mg (4.32%), Potassium: 122.52mg (3.5%), Vitamin B6: 0.06mg (3.25%), Phosphorus: 32.51mg (3.25%), Vitamin E: 0.44mg (2.91%), Vitamin B3: 0.55mg (2.73%), Magnesium: 9.45mg (2.36%), Vitamin B2: 0.04mg (2.32%), Fiber: 0.55g (2.21%), Vitamin B1: 0.03mg (1.69%), Zinc: 0.25mg (1.64%), Selenium: 0.9µg (1.28%), Vitamin K: 1.26µg (1.2%), Copper: 0.02mg (1.19%)