



Grilled Tex-Mex Veggie Burgers

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

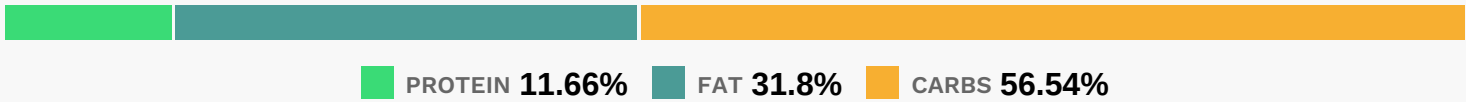
Equipment

- ☐ 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:61, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:3.947391293619%

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: 54.92kcal (2.75%), Fat: 1.95g (3%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.21g (2.62%), Sugar: 0.89g (0.99%), Cholesterol: 4.2mg (1.4%), Sodium: 81.19mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin C: 24.7mg (29.94%), Vitamin A: 749IU (14.98%), Folate: 21.49µg (5.37%), Manganese: 0.09mg (4.44%), Potassium: 124.64mg (3.56%), Phosphorus: 33.1mg (3.31%), Vitamin B6: 0.07mg (3.3%), Vitamin E: 0.44mg (2.91%), Vitamin B3: 0.56mg (2.79%), Magnesium: 9.69mg (2.42%), Vitamin B2: 0.04mg (2.37%), Fiber: 0.59g (2.37%), Calcium: 21.89mg (2.19%), Iron: 0.35mg (1.96%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.25mg (1.67%), Selenium: 0.9µg (1.29%), Copper: 0.02mg (1.24%), Vitamin K: 1.26µg (1.2%)