



Grinder

READY IN



25 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound diestel breakfast sausage
- ☐ 1 teaspoon canola oil
- ☐ 0.5 pound cremini mushrooms trimmed
- ☐ 2 cloves garlic minced
- ☐ 0.5 pound ground sirloin
- ☐ 1 cup low fat shredded mozzarella cheese shredded reduced-fat
- ☐ 1.5 cups soy sauce
- ☐ 1 cup onion red chopped
- ☐ 2 whole wheat hot dog buns

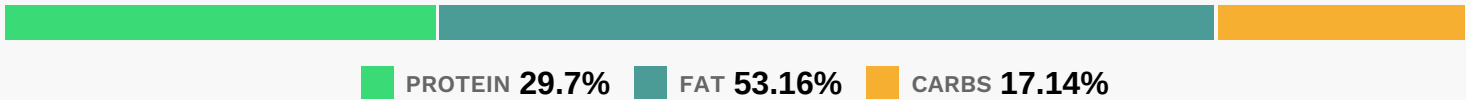
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ slotted spoon
- ☐ toaster

Directions

- ☐ Place mushrooms in a food processor, and pulse until finely ground. Reserve.
- ☐ Heat canola oil in a medium nonstick skillet over medium-high heat.
- ☐ Add sirloin and sausage. Cook until golden brown, breaking up meat with a spoon, about 5 minutes; remove with a slotted spoon and reserve.
- ☐ Add onion to pan and reduce heat to medium-low; cook until soft, about 4 minutes.
- ☐ Preheat broiler.
- ☐ Add mushrooms and red pepper, if desired, to the pan, and mix well. Cook until mushrooms are darker in color, about 5 minutes.
- ☐ Add garlic, and cook 30 seconds until fragrant.
- ☐ Add pasta sauce; stir to blend. Return cooked sirloin mixture to pan; bring sauce to a simmer and cook 2 minutes.
- ☐ Divide mixture among buns and top with mozzarella cheese. Broil in oven or toaster oven until cheese melts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.96, Inflammation Score:0, Nutrition Score:25.75695631815%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 515.97kcal (25.8%), Fat: 30.71g (47.25%), Saturated Fat: 11.6g (72.49%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 19.75g (7.18%), Sugar: 4.81g (5.35%), Cholesterol: 97.46mg (32.49%), Sodium: 4117.98mg (179.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.6g (77.19%), Phosphorus: 570.89mg (57.09%), Selenium: 35.42µg (50.6%), Vitamin B2: 0.83mg (48.62%), Vitamin B3: 9.58mg (47.92%), Zinc: 6.24mg (41.59%), Manganese: 0.79mg (39.48%), Vitamin B6: 0.69mg (34.55%), Vitamin B12: 2µg (33.38%), Calcium: 305.52mg (30.55%), Potassium: 1020.63mg (29.16%), Magnesium: 109.45mg (27.36%), Vitamin B1: 0.4mg (26.45%), Iron: 4.34mg (24.13%), Copper: 0.48mg (23.94%), Folate: 93.99µg (23.5%), Vitamin B5: 2.03mg (20.33%), Fiber: 2.53g (10.11%), Vitamin E: 0.95mg (6.36%), Vitamin D: 0.94µg (6.23%), Vitamin C: 3.82mg (4.64%), Vitamin A: 179.34IU (3.59%), Vitamin K: 2.97µg (2.83%)