



Gyro Burgers

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup knudsen cream fat free sour
- 0.5 cup cucumbers chopped
- 1 clove garlic minced
- 1 cup lettuce shredded
- 4 foldable pita breads whole wheat
- 2 plum tomatoes sliced
- 0.3 cup athenos reduced fat feta cheese crumbled
- 4 veggie patty frozen

Equipment

grill

Directions

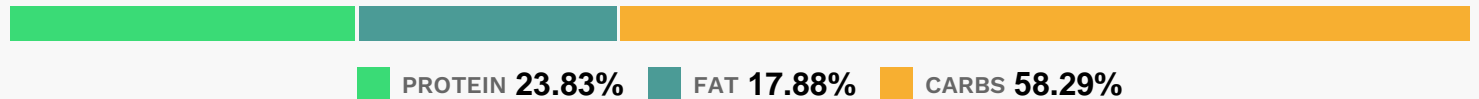
Heat grill to medium heat.

Grill burgers 8 min. or until cooked through (160F), turning after 4 min.

Meanwhile, mix sour cream and garlic until blended.

Cut burgers in half. Top pitas with tomatoes, lettuce, cucumbers, sour cream sauce, burgers and cheese; fold in half.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:5.2426087104756%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 64.64kcal (3.23%), Fat: 1.33g (2.05%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.25g (3%), Sugar: 0.84g (0.94%), Cholesterol: 2.22mg (0.74%), Sodium: 152.42mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin B1: 0.42mg (27.76%), Manganese: 0.34mg (17.23%), Selenium: 8.43µg (12.04%), Folate: 24.36µg (6.09%), Fiber: 1.51g (6.05%), Phosphorus: 57.6mg (5.76%), Vitamin B12: 0.3µg (4.98%), Vitamin B3: 0.89mg (4.45%), Magnesium: 17.51mg (4.38%), Vitamin B6: 0.08mg (4.16%), Iron: 0.72mg (4.01%), Copper: 0.07mg (3.44%), Vitamin B2: 0.05mg (3.22%), Calcium: 29.91mg (2.99%), Potassium: 97.97mg (2.8%), Zinc: 0.4mg (2.66%), Vitamin K: 2.34µg (2.23%), Vitamin C: 1.73mg (2.1%), Vitamin A: 89.03IU (1.78%), Vitamin B5: 0.15mg (1.51%)