



Ham and Swiss-Stuffed Burgers

READY IN



21 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 curly kale leaves
- ☐ 2 ounces 3%-less-sodium deli ham smoked thinly sliced
- ☐ 1 tablespoon parsley dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pound ground round
- ☐ 2 inch onion red
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce sourdough bread

- ☐ 2 ounces swiss cheese shredded
- ☐ 2 inch tomatoes
- ☐ 1 tablespoon worcestershire sauce

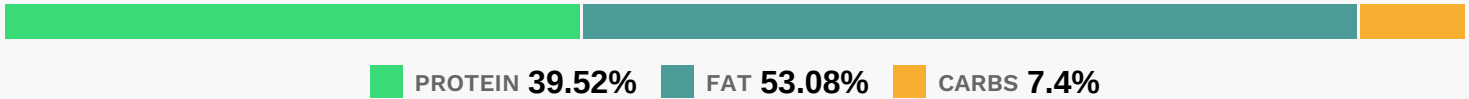
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 6 ingredients. Divide mixture into 8 equal portions, shaping each into a 5-inch oval patty. Top each of 4 patties with 2 tablespoons cheese and 1/2 ounce ham, leaving a 1/2-inch border; top with remaining patties. Press edges together to seal.
- ☐ Place patties on grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ Place bread slices on grill rack; grill 1 minute on each side or until toasted. Top each of 4 bread slices with 1 lettuce leaf, 2 onion slices, 1 patty, 2 tomato slices, and 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:17.795652156291%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 22.54mg, Apigenin: 22.54mg, Apigenin: 22.54mg, Apigenin: 22.54mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg 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: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 317.59kcal (15.88%), Fat: 18.34g (28.22%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.19g (1.89%), Sugar: 0.99g (1.1%), Cholesterol: 95.68mg (31.89%), Sodium: 519.15mg (22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.46%), Vitamin B12: 3.02µg (50.41%), Zinc: 6.53mg

(43.51%), Selenium: 28.57µg (40.82%), Vitamin B3: 6.88mg (34.4%), Phosphorus: 338.37mg (33.84%), Vitamin B6: 0.51mg (25.67%), Vitamin K: 26.58µg (25.31%), Vitamin A: 1215.72IU (24.31%), Iron: 3.45mg (19.16%), Vitamin B2: 0.31mg (18.33%), Calcium: 161.12mg (16.11%), Potassium: 507.24mg (14.49%), Vitamin B1: 0.2mg (13.39%), Magnesium: 37.38mg (9.35%), Vitamin B5: 0.85mg (8.55%), Manganese: 0.16mg (7.89%), Copper: 0.13mg (6.57%), Folate: 24.51µg (6.13%), Vitamin E: 0.6mg (4.02%), Vitamin C: 2.78mg (3.37%), Fiber: 0.56g (2.25%), Vitamin D: 0.21µg (1.42%)