



## Italian Burgers On Garlic Toast

READY IN



25 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 20 ounce pd of ground turkey italian-style (see Note, below)
- ☐ 4 slices mozzarella cheese
- ☐ 15 ounces four cheese pasta sauce classico®
- ☐ 11.3 ounce garlic toast frozen prepared

### Equipment

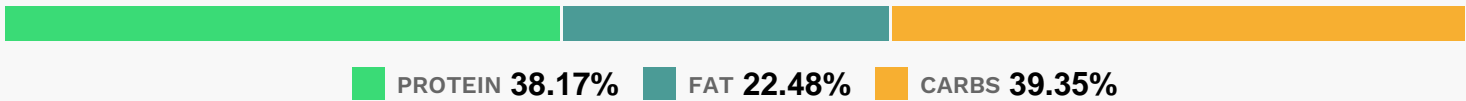
- ☐ frying pan
- ☐ baking sheet
- ☐ kitchen thermometer

- ☐ broiler
- ☐ spatula

## Directions

- ☐ Heat broiler. Lightly coat broiler-pan rack with nonstick vegetable-oil cooking spray.
- ☐ Shape ground turkey into 4 burgers, 4-1/2 inches wide and 1/2 inch thick.
- ☐ Place on broiler-pan rack.
- ☐ Broil 2 inches from heat 4 to 5 minutes. Turn burgers over and flatten with spatula; broil another 4 to 5 minutes or until internal temperature registers 160 degrees F on instant-read thermometer.
- ☐ Remove from broiler.
- ☐ Meanwhile, place frozen garlic toast slices on large baking sheet.
- ☐ Broil toast until lightly browned, 2 to 4 minutes per side.
- ☐ Top each burger with 1/4 cup Classico® Four Cheese pasta sauce and 1 slice cheese. Broil burgers 4 to 6 inches from heat to melt cheese and heat pasta sauce through, about 2 to 3 minutes.
- ☐ Spoon any remaining Classico® Four Cheese pasta sauce over half the toast slices. Top each with burger and slice of toast.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:28.541739463806%

## Nutrients (% of daily need)

Calories: 502.89kcal (25.14%), Fat: 12.6g (19.39%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 46.05g (16.75%), Sugar: 7.86g (8.73%), Cholesterol: 101.14mg (33.71%), Sodium: 1225.87mg (53.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.14g (96.29%), Vitamin B3: 17.97mg (89.87%), Selenium: 61.5µg (87.85%), Vitamin B6: 1.38mg (68.98%), Phosphorus: 532.9mg (53.29%), Vitamin B2: 0.57mg (33.34%), Vitamin B1: 0.45mg (30.19%), Zinc: 4.1mg (27.32%), Iron: 4.89mg (27.18%), Folate: 105.81µg (26.45%),

Calcium: 257.1mg (25.71%), Potassium: 859.88mg (24.57%), Manganese: 0.47mg (23.32%), Vitamin B12: 1.38µg (23.08%), Magnesium: 83.45mg (20.86%), Vitamin B5: 1.84mg (18.37%), Copper: 0.32mg (15.88%), Fiber: 3.59g (14.35%), Vitamin A: 687.3IU (13.75%), Vitamin E: 1.88mg (12.5%), Vitamin C: 7.44mg (9.02%), Vitamin K: 6.34µg (6.04%), Vitamin D: 0.68µg (4.54%)