



Italian Meatball Burgers

READY IN



29 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 large basil
- 9 ounce ciabatta rolls frozen with rosemary and olive oil
- 0.5 teaspoon fennel seeds crushed
- 1 tablespoon basil fresh chopped
- 0.1 teaspoon garlic powder
- 1 pound ground sirloin
- 8 ounces ground sausage sweet italian
- 6 tablespoons tomatoes
- 2 teaspoons oregano fresh chopped

- 2 ounces provolone cheese shredded
- 0.3 teaspoon salt

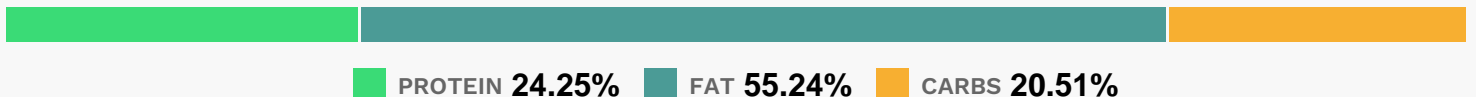
Equipment

- bowl
- oven
- grill
- kitchen thermometer

Directions

- Preheat grill to medium-high heat.
- Bake rolls according to package directions. Split rolls.
- Remove casings from sausage.
- Combine sausage, chopped basil, and next 5 ingredients (through ground sirloin) in a medium bowl. Divide beef mixture into 6 equal portions with moist hands, shaping each into a 1/2-inch-thick patty. Press thumb in center of each patty, leaving a nickel-sized indentation.
- Place patties on grill rack coated with cooking spray; grill 6 minutes. Turn patties over; grill 2 minutes.
- Sprinkle cheese evenly over patties, and grill 6 minutes or until a thermometer registers 160 degrees.
- Remove from grill; let stand 5 minutes.
- Place 1 basil leaf on bottom half of each roll; top each with 1 patty, 1 tablespoon marinara sauce, and roll top.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:12.323478224485%

Nutrients (% of daily need)

Calories: 430.19kcal (21.51%), Fat: 26.1g (40.15%), Saturated Fat: 10.5g (65.61%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.74g (7.54%), Sugar: 0.62g (0.69%), Cholesterol: 86.65mg (28.89%), Sodium: 771.65mg (33.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.55%), Vitamin B12: 2.12µg (35.37%), Selenium: 22.83µg (32.61%), Zinc: 4.43mg (29.56%), Vitamin B3: 4.95mg (24.77%), Phosphorus: 236.34mg (23.63%), Vitamin B6: 0.41mg (20.32%), Vitamin B1: 0.25mg (16.95%), Iron: 2.52mg (14.02%), Vitamin B2: 0.22mg (13.13%), Potassium: 390.39mg (11.15%), Calcium: 105.73mg (10.57%), Vitamin K: 8.8µg (8.38%), Vitamin B5: 0.71mg (7.07%), Magnesium: 26.76mg (6.69%), Copper: 0.11mg (5.49%), Manganese: 0.1mg (5%), Vitamin E: 0.65mg (4.3%), Fiber: 1.06g (4.24%), Vitamin A: 198.36IU (3.97%), Folate: 11.96µg (2.99%), Vitamin C: 1.99mg (2.41%)