



Italian Pizza Burgers

READY IN



19 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb extra-lean ground beef
- 4 hamburger buns split
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 0.5 tsp penzey's southwest seasoning dried italian
- 4 milk monterey jack singles 2% kraft
- 0.3 cup onions chopped
- 2 Tbsp heinz tomato ketchup

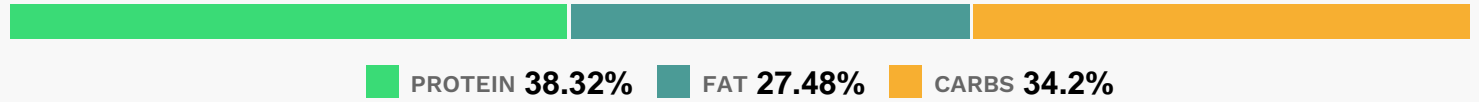
Equipment

grill

Directions

- Heat grill to medium-high heat.
- Mix meat, onions and dressing; shape into 4 (1/2-inch-thick) patties.
- Grill 4 min. on each side or until done (160F). Top with 2% Milk Singles.
- Place buns, cut-sides down, on grate of grill next to burgers. Grill 1 min. or until buns are lightly toasted and Singles are melted.
- Mix ketchup and seasoning.
- Place burgers on bottom halves of buns; cover with ketchup mixture and tops of buns.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:16.625217445519%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 309.88kcal (15.49%), Fat: 9.23g (14.2%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 24.79g (9.02%), Sugar: 6.17g (6.86%), Cholesterol: 71.2mg (23.73%), Sodium: 443.8mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.95%), Selenium: 31.84µg (45.48%), Vitamin B12: 2.63µg (43.91%), Zinc: 6.16mg (41.06%), Vitamin B3: 8.18mg (40.91%), Phosphorus: 278.94mg (27.89%), Vitamin B6: 0.5mg (25.24%), Iron: 4.33mg (24.08%), Vitamin B2: 0.33mg (19.54%), Vitamin B1: 0.29mg (19.17%), Manganese: 0.28mg (14.2%), Potassium: 493.12mg (14.09%), Folate: 49.47µg (12.37%), Magnesium: 38.19mg (9.55%), Calcium: 87.71mg (8.77%), Vitamin K: 8.24µg (7.85%), Vitamin B5: 0.75mg (7.48%), Copper: 0.15mg (7.42%), Vitamin E: 0.76mg (5.1%), Fiber: 1.07g (4.26%), Vitamin C: 1.68mg (2.04%), Vitamin A: 58.4IU (1.17%)