



## Italian Sausage Burgers

READY IN



27 min.

SERVINGS



27

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 1 eggs
- 2 Tbsp basil fresh thinly sliced
- 0.8 lb ground beef
- 6 hamburger buns
- 1.5 cups italian\* five cheese shredded with a touch of philadelphia, divided kraft
- 0.8 lb sausage italian
- 6 romaine lettuce leaves
- 1 large tomatoes cut into 6 slices

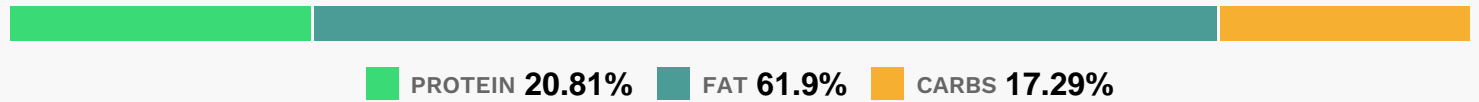
# Equipment

grill

# Directions

- Heat grill to medium heat.
- Mix sausage, beef, 3/4 cup cheese and egg; shape into 6 (1/2-inch thick) patties.
- Grill 5 to 6 min. on each side or until done (160F), toasting cut sides of buns on the grill for the last minute. Meanwhile, combine remaining cheese, basil and dressing.
- Fill buns with lettuce, tomatoes, burgers and cheese mixture.

# Nutrition Facts



# Properties

Glycemic Index:7.33, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:4.7321739093117%

# Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 131.01kcal (6.55%), Fat: 8.99g (13.84%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.99g (1.1%), Cholesterol: 25.83mg (8.61%), Sodium: 172.74mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin A: 631.62IU (12.63%), Selenium: 8.14µg (11.63%), Vitamin B1: 0.14mg (9.11%), Vitamin K: 9.54µg (9.08%), Vitamin B3: 1.41mg (7.03%), Vitamin B12: 0.42µg (6.97%), Zinc: 0.87mg (5.82%), Phosphorus: 54.42mg (5.44%), Folate: 21.43µg (5.36%), Vitamin B6: 0.1mg (4.9%), Vitamin B2: 0.08mg (4.79%), Iron: 0.84mg (4.68%), Manganese: 0.08mg (4.23%), Calcium: 35.32mg (3.53%), Potassium: 112.52mg (3.21%), Magnesium: 8.21mg (2.05%), Vitamin C: 1.63mg (1.98%), Copper: 0.04mg (1.91%), Vitamin B5: 0.17mg (1.68%), Fiber: 0.39g (1.56%)