



Meatless California Burger

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp avocados chopped
- 2 slices cucumber
- 1 romaine leaves
- 1 pepper ring red yellow
- 2 tsp heinz tomato ketchup
- 1 veggie patty frozen
- 1 hawaiian rolls whole wheat toasted

Equipment

Directions

- Cook burger as directed on package.
- Fill bun with lettuce, burger and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.363043492255%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 15.49kcal (0.77%), Fat: 0.59g (0.9%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.32g (0.35%), Cholesterol: 0.17mg (0.06%), Sodium: 35.22mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin B1: 0.11mg (7.05%), Manganese: 0.07mg (3.47%), Folate: 8.7µg (2.18%), Selenium: 1.53µg (2.18%), Vitamin A: 95.01IU (1.9%), Fiber: 0.39g (1.57%), Vitamin B3: 0.27mg (1.36%), Vitamin B12: 0.07µg (1.18%), Vitamin B2: 0.02mg (1.17%), Phosphorus: 11.47mg (1.15%), Iron: 0.2mg (1.11%)