



Mini Philly Cheeseburgers

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cremini mushrooms chopped
- ☐ 0.3 teaspoon thyme leaves fresh minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 12 ounces ground sirloin 90% lean
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 cup provolone cheese shredded reduced-fat
- ☐ 0.5 cup bell pepper red chopped

- ☐ 1 ounce slider buns
- ☐ 1 cup onion sweet finely chopped
- ☐ 1 teaspoon worcestershire sauce

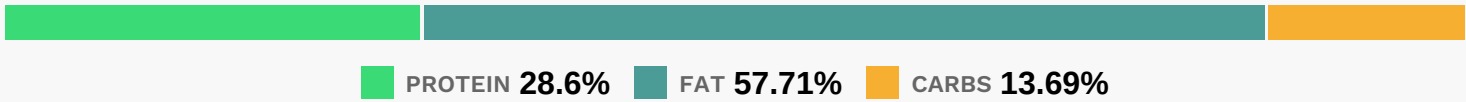
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion, bell peppers, and mushrooms; saut 5 minutes.
- ☐ Combine onion mixture and next 5 ingredients (through beef) in a bowl. Shape beef mixture into 8 (1/3-inch-thick) patties.
- ☐ Heat a grill pan over high heat; coat with cooking spray. Cook patties 3 minutes; turn, top with cheese, and cook 2 minutes.
- ☐ Arrange buns, cut sides up, on a baking sheet; broil 30 seconds. Assemble sandwiches.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:14.166521689166%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.46mg, Myricetin:

0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 272.15kcal (13.61%), Fat: 17.34g (26.68%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 7.83g (2.85%), Sugar: 4.09g (4.55%), Cholesterol: 63.53mg (21.18%), Sodium: 286.07mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.67%), Vitamin C: 41.13mg (49.85%), Vitamin B12: 1.98µg (32.92%), Zinc: 4.31mg (28.7%), Selenium: 17.21µg (24.58%), Vitamin B3: 4.65mg (23.24%), Vitamin B6: 0.46mg (22.95%), Phosphorus: 217.75mg (21.78%), Vitamin A: 732.87IU (14.66%), Vitamin B2: 0.23mg (13.63%), Iron: 2.41mg (13.38%), Potassium: 436.56mg (12.47%), Calcium: 95.65mg (9.56%), Vitamin B5: 0.76mg (7.6%), Copper: 0.15mg (7.37%), Folate: 28.01µg (7%), Magnesium: 26.74mg (6.68%), Vitamin E: 1mg (6.64%), Manganese: 0.11mg (5.73%), Fiber: 1.43g (5.7%), Vitamin B1: 0.08mg (5.61%), Vitamin K: 5.12µg (4.88%)