



Mini Surf-and-Turf Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup sauce
- ☐ 0.3 cup tartar sauce
- ☐ 12 servings vegetable burgers mini
- ☐ 3 large pieces sandwich bread white toasted cut into 2-inch squares

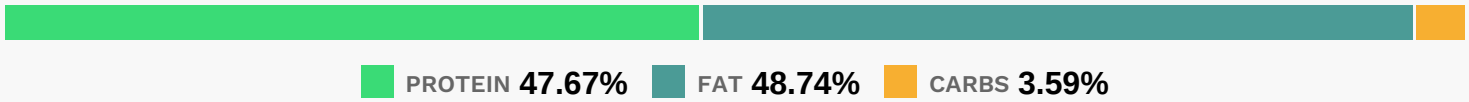
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Combine cocktail and tartar sauces in a small bowl. Prepare Mini Burgers, cover, and keep warm. Prepare Mini Crab Cakes, cover, and keep warm.
- ☐ Place Mini Burgers on toasted bread squares. Stack Mini Crab Cakes on top; skewer with decorative toothpick.
- ☐ Serve with cocktail sauce mixture.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:0.09, Inflammation Score:1, Nutrition Score:0.7995652007344%

Nutrients (% of daily need)

Calories: 259.21kcal (12.96%), Fat: 12.92g (19.87%), Saturated Fat: 3.52g (22.03%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.35g (1.5%), Cholesterol: 108.17mg (36.06%), Sodium: 226.28mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.85%), Iron: 1.47mg (8.16%), Calcium: 28.62mg (2.86%), Vitamin A: 142.09IU (2.84%), Vitamin K: 2.35µg (2.24%)