



Mini-Venison Burgers

READY IN



28 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apples chopped (2 apples)
- 2 ounces cheese blue (or your choice of cheese)
- 0.5 pound ground pork
- 0.5 pound ground venison
- 16 mini-potato rolls (the dinner-roll size)
- 8 servings salt and pepper black freshly ground
- 1 cup mushrooms white chopped (3 ounces of mushrooms)

Equipment

grill

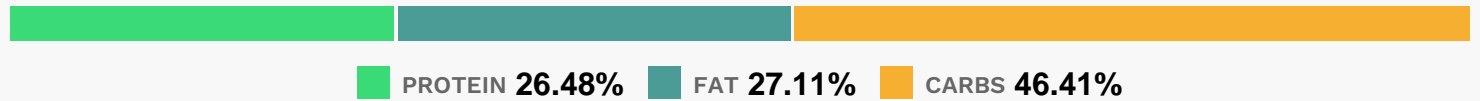
Directions

Heat grill.

Mix venison, pork, salt, pepper, mushrooms and apples, and form into 16 small patties. Grill to medium doneness and crumble blue cheese on top.

Serve on potato rolls.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:15.681304165851%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 414.8kcal (20.74%), Fat: 13.1g (20.16%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 50.48g (16.83%), Net Carbohydrates: 47.94g (17.43%), Sugar: 11.86g (13.18%), Cholesterol: 48.41mg (16.14%), Sodium: 478.76mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.6%), Vitamin B1: 0.98mg (65.42%), Vitamin B3: 9.3mg (46.51%), Folate: 166.63µg (41.66%), Calcium: 346.23mg (34.62%), Vitamin B2: 0.57mg (33.34%), Iron: 4.79mg (26.62%), Selenium: 11.96µg (17.08%), Phosphorus: 146.22mg (14.62%), Zinc: 2.07mg (13.82%), Vitamin B12: 0.82µg (13.66%), Vitamin B6: 0.27mg (13.55%), Fiber: 2.53g (10.14%), Potassium: 249.27mg (7.12%), Vitamin B5: 0.7mg (6.98%), Copper: 0.1mg (4.95%), Magnesium: 15mg (3.75%), Manganese: 0.03mg (1.57%), Vitamin C: 1.17mg (1.42%), Vitamin A: 65.05IU (1.3%), Vitamin E: 0.18mg (1.17%)