



Mozzarella-Stuffed Mushroom Pizza Burgers

READY IN



40 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 80% lean (at least)
- 1 teaspoon seasoning italian
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 4 oz mozzarella cheese shredded
- 1 tablespoon vegetable oil
- 8 oz mushrooms fresh sliced (3 cups)
- 1 clove garlic finely chopped
- 4 hawaiian rolls split

0.5 cup tomato sauce warmed

Equipment

bowl

frying pan

grill

kitchen thermometer

Directions

In large bowl, mix beef, Italian seasoning, salt and pepper. Shape mixture into 8 patties, 4 1/2 inches in diameter and 1/4 inch thick. Press 1/4 cup of the cheese into a ball with hands; press flat into 3 1/2-inch-diameter patty. Repeat with remaining cheese.

Place cheese patties on top of 4 beef patties; top with remaining beef patties. Pinch edges together to seal.

In 10-inch skillet, heat oil over medium-high heat.

Add mushrooms; cook 4 minutes, stirring occasionally, until lightly browned.

Add garlic; cook 1 minute longer.

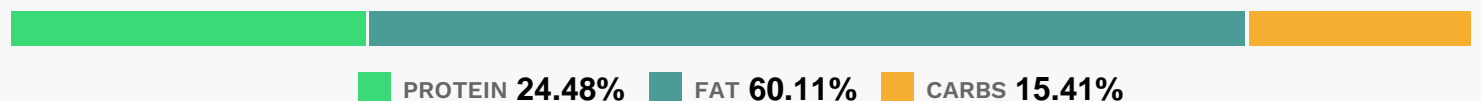
Remove from heat.

Heat gas or charcoal grill.

Place patties on grill over medium heat. Cover grill; cook 11 to 13 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. During last 2 minutes of cooking, place buns, cut sides down, on grill until toasted.

Place burgers on bottom halves of buns. Top with pizza sauce and mushroom mixture. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:14.09, Inflammation Score:-5, Nutrition Score:27.054347846819%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 690.02kcal (34.5%), Fat: 45.75g (70.39%), Saturated Fat: 17.71g (110.71%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.3g (8.84%), Sugar: 5.66g (6.29%), Cholesterol: 143.17mg (47.72%), Sodium: 1233.81mg (53.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.86%), Vitamin B12: 4.4µg (73.25%), Selenium: 47.63µg (68.04%), Zinc: 8.64mg (57.6%), Vitamin B3: 11.4mg (56.99%), Phosphorus: 471.85mg (47.19%), Vitamin B2: 0.71mg (41.85%), Vitamin B6: 0.69mg (34.56%), Iron: 5.7mg (31.69%), Calcium: 252.5mg (25.25%), Vitamin B1: 0.37mg (24.74%), Potassium: 817.28mg (23.35%), Manganese: 0.39mg (19.68%), Copper: 0.38mg (18.92%), Vitamin B5: 1.85mg (18.5%), Folate: 67.96µg (16.99%), Vitamin K: 16.42µg (15.64%), Magnesium: 56.15mg (14.04%), Vitamin E: 1.69mg (11.24%), Fiber: 2.09g (8.37%), Vitamin A: 334.62IU (6.69%), Vitamin C: 4.14mg (5.02%), Vitamin D: 0.4µg (2.65%)