



Mozzarella-Stuffed Mushroom Pizza Burgers

READY IN



40 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1 tablespoon vegetable oil

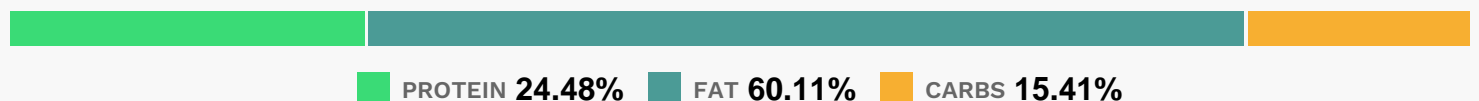
Equipment

- 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 160F. 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%)