



Open-Face Italian Hamburgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large basil leaves
- ☐ 11 inch focaccia rounds italian cut in half horizontally (flatbread)
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground round
- ☐ 0.3 cup dressing fat-free italian
- ☐ 1 inch purple onion
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 2 small pasilla peppers sweet red
- ☐ 0.3 teaspoon salt
- ☐ 12 large spinach leaves

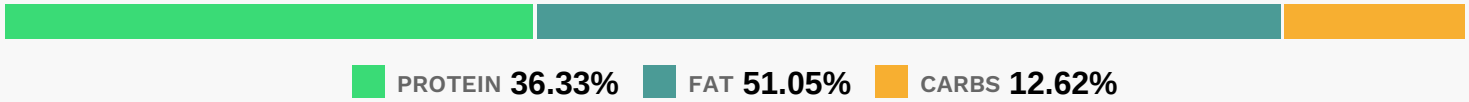
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in a medium bowl; stir well. Shape mixture into 4 (1/2-inch-thick) patties.
- ☐ Cut peppers in half lengthwise; remove and discard stems, seeds, and membranes.
- ☐ Combine Italian dressing and garlic.
- ☐ Brush pepper halves and onion slices with dressing mixture.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place meat patties, pepper halves, and onion slices on rack; grill, covered, 5 minutes on each side or until done, basting occasionally with dressing mixture.
- ☐ Brush focaccia rounds lightly with dressing mixture.
- ☐ Place on grill rack; grill 2 minutes on each side or until lightly toasted.
- ☐ To serve, place focaccia rounds on serving plates; arrange 3 spinach leaves on each. Top each with a meat patty, onion slice, pepper half, and 2 basil leaves.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:17.772173891897%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol:

0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 267.91kcal (13.4%), Fat: 14.96g (23.02%), Saturated Fat: 5.06g (31.65%), Carbohydrates: 8.32g (2.77%),
Net Carbohydrates: 7.25g (2.64%), Sugar: 3.33g (3.7%), Cholesterol: 73.71mg (24.57%), Sodium: 412.71mg (17.94%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.93%), Vitamin C: 49.01mg (59.41%), Vitamin B12:
2.51µg (41.77%), Zinc: 5.59mg (37.23%), Vitamin A: 1550.85IU (31.02%), Vitamin B3: 6.19mg (30.96%), Vitamin K:
30.99µg (29.51%), Vitamin B6: 0.57mg (28.27%), Selenium: 19.43µg (27.76%), Phosphorus: 225.53mg (22.55%),
Iron: 2.91mg (16.16%), Potassium: 484.4mg (13.84%), Vitamin B2: 0.22mg (12.82%), Vitamin E: 1.39mg (9.26%),
Vitamin B5: 0.81mg (8.08%), Magnesium: 31.68mg (7.92%), Folate: 30.73µg (7.68%), Manganese: 0.13mg (6.38%),
Copper: 0.11mg (5.29%), Vitamin B1: 0.08mg (5.13%), Fiber: 1.07g (4.29%), Calcium: 26.74mg (2.67%)