



Parmesan Buffalo Burgers with Balsamic Ketchup

READY IN



240 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound frangelico lean
- ☐ 6 ounce hawaiian rolls toasted
- ☐ 4 tablespoons catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan grated

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4 slices onion red thin

Equipment

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bowl

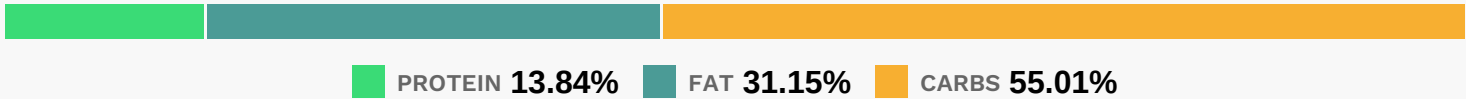
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grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine first 5 ingredients in a bowl. Divide buffalo mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty.
- ☐ Place patties on grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Place bottom bun halves on plates. Top each with 1/4 cup arugula, 1 onion slice, and 1 patty.
- ☐ Spread 1 tablespoon ketchup on top half of each bun; place on top of burgers.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:13.13, Inflammation Score:-5, Nutrition Score:7.3778260667687%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 196.4kcal (9.82%), Fat: 6.84g (10.53%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 26.03g (9.46%), Sugar: 7.04g (7.82%), Cholesterol: 4.25mg (1.42%), Sodium: 593.59mg (25.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Selenium: 13.17µg (18.81%), Vitamin B1: 0.24mg (16.25%), Manganese: 0.3mg (15.08%), Calcium: 149.38mg (14.94%), Folate: 49.29µg (12.32%), Vitamin B2: 0.18mg (10.6%), Vitamin B3: 2.04mg (10.21%), Vitamin K: 10.41µg (9.92%), Phosphorus: 97.08mg (9.71%), Iron: 1.7mg (9.43%), Vitamin E: 0.88mg (5.85%), Vitamin A: 245.8IU (4.92%), Fiber: 1.16g (4.64%), Magnesium: 18.45mg (4.61%),

Potassium: 140.4mg (4.01%), Vitamin B6: 0.08mg (3.85%), Zinc: 0.56mg (3.71%), Copper: 0.07mg (3.61%), Vitamin C: 2.95mg (3.58%), Vitamin B12: 0.16µg (2.67%)