



## Ragu Pizza Burgers

READY IN



22 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground beef
- 2 cups pasta sauce ragu® old world style®
- 4 oz mozzarella cheese shredded
- 0.3 teaspoon salt
- 6 muffins split english toasted

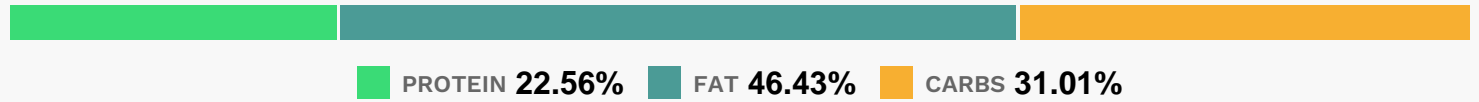
### Equipment

- bowl
- grill

## Directions

- Combine ground beef, 1/2 cup Pasta Sauce, 1/2 cup cheese and salt in small bowl. Shape into 6 patties. Grill or broil until done. Meanwhile, heat remaining Sauce. To serve, arrange burgers on muffin halves. Top with remaining cheese, Sauce and muffin halves. Preparation time: 10 Minute(s) Cook time: 12 Minute(s)

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:20.02, Inflammation Score:-5, Nutrition Score:14.223478337993%

## Nutrients (% of daily need)

Calories: 402.27kcal (20.11%), Fat: 20.61g (31.72%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.21g (10.26%), Sugar: 3.1g (3.45%), Cholesterol: 68.61mg (22.87%), Sodium: 917.63mg (39.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.08%), Vitamin B12: 2.07µg (34.53%), Zinc: 4.29mg (28.61%), Phosphorus: 284.21mg (28.42%), Vitamin B3: 4.92mg (24.59%), Selenium: 15.04µg (21.49%), Vitamin B2: 0.31mg (18.01%), Vitamin B6: 0.36mg (17.79%), Iron: 2.84mg (15.79%), Potassium: 535.72mg (15.31%), Manganese: 0.3mg (15.22%), Calcium: 150.18mg (15.02%), Fiber: 2.76g (11.06%), Copper: 0.22mg (10.79%), Vitamin B1: 0.16mg (10.73%), Magnesium: 40.85mg (10.21%), Vitamin E: 1.52mg (10.15%), Vitamin A: 481.38IU (9.63%), Vitamin B5: 0.91mg (9.13%), Folate: 35.05µg (8.76%), Vitamin C: 5.77mg (7%), Vitamin K: 4.08µg (3.89%), Vitamin D: 0.15µg (1.01%)