



Spinach-Feta Topped Burgers

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 green onions sliced
- 0.5 tsp olive oil
- 2 onion sandwich rolls split
- 1 dash pepper black freshly ground
- 2 Tbsp athenos reduced fat feta cheese with basil & tomato crumbled
- 2 cups torn spinach leaves fresh
- 2 slices tomatoes
- 2 veggie patty frozen

Equipment

- frying pan
- microwave

Directions

- Cook and stir onions in hot oil in nonstick skillet on medium 3 min.
- Add spinach; cook and stir 1 min. or until wilted. Stir in pepper.
- Remove from heat; cover to keep warm.
- Microwave burgers as directed on package.
- Fill rolls with tomatoes, burgers, spinach mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:7.348260835461%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 69.58kcal (3.48%), Fat: 2.01g (3.09%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.6g (2.76%), Sugar: 0.6g (0.67%), Cholesterol: 2.31mg (0.77%), Sodium: 173.99mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin K: 39.74µg (37.85%), Vitamin B1: 0.43mg (28.86%), Manganese: 0.25mg (12.43%), Vitamin A: 614.44IU (12.29%), Selenium: 7.71µg (11.02%), Folate: 42.93µg (10.73%), Vitamin B3: 1.08mg (5.39%), Iron: 0.95mg (5.27%), Vitamin B2: 0.09mg (5.16%), Fiber: 1.21g (4.84%), Vitamin B12: 0.28µg (4.69%), Phosphorus: 45.02mg (4.5%), Magnesium: 16.66mg (4.16%), Vitamin C: 3.25mg (3.93%), Calcium: 39.33mg (3.93%), Vitamin B6: 0.06mg (3.06%), Potassium: 106.27mg (3.04%), Copper: 0.06mg (2.93%), Zinc: 0.33mg (2.23%), Vitamin E: 0.26mg (1.75%)