



Super Mini-Burgers

READY IN



16 min.

SERVINGS



16

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp original barbecue sauce kraft
- 0.5 lb extra-lean ground beef
- 1 green onion finely chopped
- 2 singles fat free kraft
- 4 tsp miracle whip dressing light
- 8 2-inch pita breads mini (2-1/)
- 2 small tomatoes cut into 4 thin slices

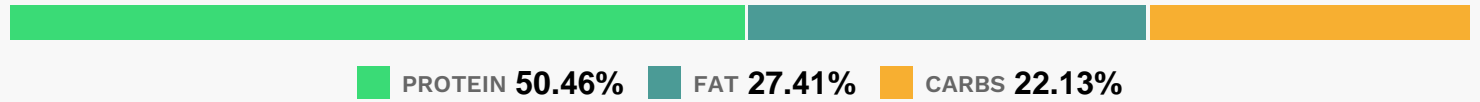
Equipment

broiler

Directions

- Heat broiler.
- Mix meat, barbecue sauce and onions; shape into 8 (1/2-inch-thick) patties.
- Broil 3 min. on each side or until done (160F).
- Cut pitas horizontally in half to open pockets, being careful to not cut through to opposite side of each.
- Spread insides of pockets with dressing; fill with tomatoes, burgers and Singles.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.9752173967983%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 26.14kcal (1.31%), Fat: 0.78g (1.2%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.81g (0.9%), Cholesterol: 8.92mg (2.97%), Sodium: 35.14mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin B12: 0.32µg (5.29%), Zinc: 0.75mg (5.02%), Vitamin B3: 0.87mg (4.34%), Selenium: 2.48µg (3.55%), Phosphorus: 32.99mg (3.3%), Vitamin B6: 0.07mg (3.3%), Vitamin K: 2.51µg (2.39%), Potassium: 82.05mg (2.34%), Iron: 0.39mg (2.19%), Vitamin A: 108.18IU (2.16%), Vitamin C: 1.71mg (2.07%), Vitamin B2: 0.03mg (1.59%), Magnesium: 4.79mg (1.2%), Vitamin B5: 0.11mg (1.05%)