



Supreme Cheeseburgers

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb extra-lean ground beef
- 1 cup free non-fat mozzarella cheese shredded divided kraft
- 1 tsp each: garlic salt and oregano leaves dried
- 4 lettuce leaves
- 0.5 cup onion chopped
- 0.3 cup each: pepper green black pitted chopped
- 1 small tomatoes cut into 4 slices

Equipment

frying pan

Directions

Mix meat, 1/2 cup of the cheese, the onion, peppers, olives, mushrooms and seasonings until well blended. Shape into 4 patties.

Spray large skillet with cooking spray.

Add patties; cover. Cook on medium heat 4 to 6 min. on each side or until cooked through. Top with tomatoes and the remaining 1/2 cup cheese; cover. Cook 1 min. or until cheese is melted.

Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:26.254347624986%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 248kcal (12.4%), Fat: 6.22g (9.57%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 8.82g (3.21%), Sugar: 2.2g (2.44%), Cholesterol: 75.39mg (25.13%), Sodium: 877.72mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.43g (70.86%), Manganese: 2.02mg (101.12%), Zinc: 7.18mg (47.85%), Vitamin B12: 2.8µg (46.67%), Phosphorus: 451.43mg (45.14%), Vitamin A: 2183.63IU (43.67%), Selenium: 26.04µg (37.2%), Calcium: 363.07mg (36.31%), Vitamin B3: 6.69mg (33.44%), Vitamin B6: 0.58mg (28.82%), Vitamin K: 26.88µg (25.6%), Iron: 4.55mg (25.26%), Potassium: 748.62mg (21.39%), Fiber: 5.1g (20.41%), Vitamin B2: 0.33mg (19.27%), Magnesium: 67.19mg (16.8%), Copper: 0.32mg (15.76%), Vitamin C: 8.92mg (10.81%), Vitamin B5: 0.98mg (9.8%), Vitamin B1: 0.11mg (7.32%), Folate: 27.34µg (6.84%), Vitamin E: 0.71mg (4.73%)