



Swedish Meatball Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon ground allspice
- 0.1 teaspoon ground nutmeg
- 1.5 pounds ground veal
- 0.3 cup onion finely chopped
- 1 tablespoon paprika
- 12 ounce potato sandwich rolls split (such as Cobblestone Mill)
- 1 teaspoon salt

- 6 tablespoons cup heavy whipping cream fat-free sour
- 1.5 tablespoons citrus champagne vinegar

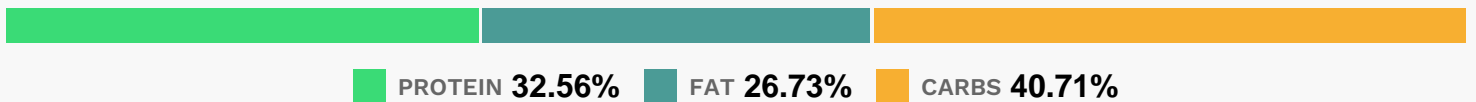
Equipment

- grill
- kitchen thermometer

Directions

- Prepare grill.
- Combine first 9 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until a thermometer registers 16
- Remove from grill; let stand 5 minutes.
- Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted.
- Place 1 patty on bottom half of each roll; top each serving with 1 tablespoon sour cream and top half of roll.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:19.069565130317%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 354.27kcal (17.71%), Fat: 10.3g (15.85%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.4g (12.14%), Sugar: 3.51g (3.9%), Cholesterol: 94.07mg (31.36%), Sodium: 808.72mg (35.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Vitamin B3: 11.07mg (55.33%), Selenium: 32.14µg (45.91%), Vitamin B2: 0.53mg (31.34%), Phosphorus: 305.83mg (30.58%), Zinc: 4.15mg (27.65%), Vitamin B6: 0.52mg (26.25%), Vitamin B12: 1.56µg (25.93%), Vitamin B1: 0.38mg (25.05%), Vitamin K: 23.18µg (22.08%), Folate: 74.28µg (18.57%), Iron: 3.19mg (17.71%), Vitamin B5: 1.77mg (17.66%), Manganese: 0.33mg (16.56%), Vitamin A: 718IU (14.36%), Potassium: 485.67mg (13.88%), Magnesium: 47.83mg (11.96%), Copper: 0.23mg (11.7%), Calcium: 94.91mg (9.49%), Fiber: 1.92g (7.7%), Vitamin E: 0.88mg (5.89%), Vitamin C: 2.48mg (3%)