



The California Burger

READY IN



22 min.

SERVINGS



12

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fillet anchovy dry tinned rinsed chopped
- 2 avocados ripe
- 1 recipe basic burger whole-wheat with buns
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 clove garlic roughly chopped
- 12 servings spicy ketchup
- 2 tablespoons juice of lemon
- 12 servings asian mayo

- 12 servings pesto mayo
- 0.5 cup mayonnaise
- 0.3 teaspoon pepper
- 0.5 cup greek yogurt plain low-fat
- 1 cup radish sprouts
- 12 servings ranch olé
- 0.5 teaspoon salt
- 2 scallions light white green sliced
- 12 servings the baconator
- 12 servings the baconator

Equipment

- food processor
- bowl
- grill

Directions

- Prepare burgers as recipe directs. Keep patties refrigerated until ready to cook.
- Peel, pit and coarsely chop 1 avocado.
- Place in a food processor and add lemon juice, parsley, basil, scallions, garlic and anchovy fillets, if desired. Pulse several times to chop.
- Add mayonnaise and yogurt. Process, stopping and scraping sides of bowl as needed, until smooth.
- Grill or broil burgers as recipe directs. Peel, pit and slice remaining avocado lengthwise.
- Place burgers on bottoms of buns. Divide sprouts among burgers. Top with avocado slices and spoon sauce on top.
- Serve immediately with assorted toppings, if desired.

Nutrition Facts



■ PROTEIN 3.46% ■ FAT 83.21% ■ CARBS 13.33%

Properties

Glycemic Index:32.17, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:9.752174001673%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 334.78kcal (16.74%), Fat: 31.64g (48.68%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.87g (3.23%), Sugar: 5.55g (6.16%), Cholesterol: 15.9mg (5.3%), Sodium: 637.5mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin K: 92.58µg (88.18%), Vitamin E: 2.18mg (14.52%), Folate: 41.4µg (10.35%), Phosphorus: 103.37mg (10.34%), Fiber: 2.53g (10.14%), Vitamin C: 7.25mg (8.79%), Vitamin B2: 0.14mg (8.3%), Vitamin B5: 0.83mg (8.25%), Potassium: 264.67mg (7.56%), Vitamin B6: 0.15mg (7.28%), Manganese: 0.14mg (7.09%), Vitamin B3: 1.21mg (6.05%), Selenium: 4.02µg (5.74%), Copper: 0.11mg (5.29%), Vitamin A: 255.66IU (5.11%), Magnesium: 18.8mg (4.7%), Vitamin B1: 0.06mg (3.74%), Iron: 0.66mg (3.66%), Calcium: 35.26mg (3.53%), Zinc: 0.45mg (3.01%), Vitamin B12: 0.13µg (2.24%)