



The Caprese Burger

READY IN



20 min.

SERVINGS



10

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz basil leaves packed for serving
- 1 recipe basic burger
- 8 ounces mozzarella cheese fresh cut into 8 slices
- 2 cloves garlic
- 10 servings spicy ketchup
- 10 servings asian mayo
- 10 servings pesto mayo
- 0.3 cup olive oil
- 0.5 cup parmesan grated

- 2 tablespoons pinenuts
- 10 servings ranch olé
- 0.3 teaspoon salt
- 2 large tomatoes sliced
- 10 servings the baconator
- 10 servings the baconator

Equipment

- food processor
- bowl
- grill

Directions

- Prepare burgers as recipe directs and refrigerate patties until ready to cook.
- Place pine nuts and garlic in a food processor.
- Add oil; pulse to chop.
- Add 4 cups basil, Parmesan and salt. Process until finely chopped, stopping and scraping sides of bowl once or twice. (Makes 3/4 cup pesto.)
- Grill or broil burgers as recipe directs. Top with mozzarella during last minute of cooking time.
- Spread buns with pesto.
- Place burgers on buns and serve topped with a slice of tomato and a large basil leaf and assorted toppings, if desired.

Nutrition Facts



PROTEIN 9.46% **FAT 78.87%** **CARBS 11.67%**

Properties

Glycemic Index:35.4, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:13.290869655816%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 369.44kcal (18.47%), Fat: 32.79g (50.45%), Saturated Fat: 7.72g (48.28%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 10.09g (3.67%), Sugar: 6.3g (7%), Cholesterol: 32.48mg (10.83%), Sodium: 761.35mg (33.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.71%), Vitamin K: 108.78µg (103.6%), Vitamin A: 1187.98IU (23.76%), Calcium: 216.42mg (21.64%), Manganese: 0.42mg (20.87%), Phosphorus: 208.21mg (20.82%), Vitamin E: 2.47mg (16.43%), Selenium: 7.62µg (10.89%), Vitamin B12: 0.65µg (10.77%), Vitamin B2: 0.17mg (9.81%), Vitamin C: 7.9mg (9.58%), Zinc: 1.21mg (8.06%), Magnesium: 27.69mg (6.92%), Potassium: 224.16mg (6.4%), Copper: 0.12mg (6.11%), Iron: 1.06mg (5.87%), Folate: 22.8µg (5.7%), Vitamin B6: 0.1mg (5.25%), Vitamin B1: 0.06mg (4.32%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.38mg (3.81%), Fiber: 0.83g (3.31%), Vitamin D: 0.16µg (1.08%)