



Tuscan Tomato Burgers

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

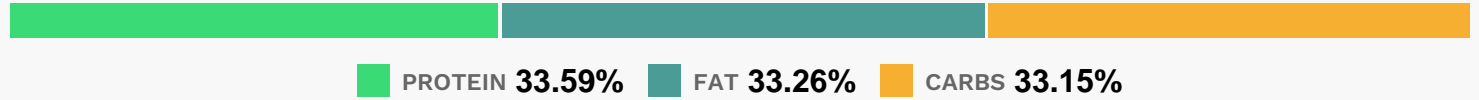
- 1 Tbsp heinz balsamic vinegar
- 1 Tbsp basil fresh chopped
- 2 Tbsp low-moisture part-skim mozzarella cheese shredded kraft
- 2 cups torn salad greens
- 1 tomatoes coarsely chopped
- 2 veggie patty frozen

Equipment

Directions

- Combine tomatoes, basil and vinegar.
- Cook burgers as directed on package; top with cheese. Cover; cook 1 min. or until cheese is melted.
- Place salad greens on 2 plates; top with cheeseburgers and tomato mixture.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.886956523618%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 24.89kcal (1.24%), Fat: 0.92g (1.42%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.5g (0.55%), Cholesterol: 1.73mg (0.58%), Sodium: 67.36mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin B1: 0.25mg (16.83%), Manganese: 0.11mg (5.62%), Folate: 15.24µg (3.81%), Vitamin C: 2.86mg (3.46%), Selenium: 2.42µg (3.45%), Vitamin B12: 0.2µg (3.4%), Phosphorus: 32.84mg (3.28%), Vitamin A: 162.02IU (3.24%), Calcium: 30.65mg (3.06%), Vitamin K: 2.81µg (2.68%), Fiber: 0.56g (2.25%), Vitamin B3: 0.43mg (2.17%), Vitamin B6: 0.04mg (2.06%), Vitamin B2: 0.03mg (1.96%), Magnesium: 7.57mg (1.89%), Potassium: 63.78mg (1.82%), Iron: 0.31mg (1.7%), Copper: 0.03mg (1.43%), Zinc: 0.2mg (1.34%)