



Vegetable Lover's Burger

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices cucumber
- 4 oz athenos feta cheese crumbled traditional
- 4 slices onion
- 4 cups torn salad greens mixed
- 1 tomatoes cut into 4 slices
- 4 veggie patty frozen
- 0.3 cup greek vinaigrette dressing divided kraft

Equipment

grill

Directions

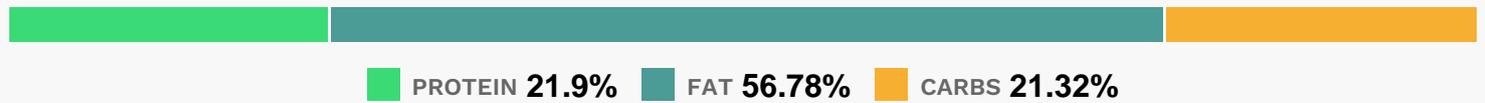
Heat grill to medium heat.

Grill burgers 8 min. or until heated through (160F), turning after 4 min. and brushing with 2 Tbsp. dressing.

Place greens on 4 plates; top with burgers and vegetables.

Drizzle with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:6.1108695456515%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 76.91kcal (3.85%), Fat: 4.92g (7.57%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.73g (0.81%), Cholesterol: 7.66mg (2.55%), Sodium: 195.84mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin B1: 0.52mg (34.36%), Manganese: 0.21mg (10.61%), Vitamin B12: 0.5µg (8.38%), Folate: 31.97µg (7.99%), Selenium: 5.48µg (7.83%), Phosphorus: 71.92mg (7.19%), Vitamin B2: 0.12mg (6.95%), Calcium: 66.24mg (6.62%), Vitamin C: 4.83mg (5.86%), Vitamin K: 5.97µg (5.68%), Vitamin B6: 0.11mg (5.5%), Vitamin A: 227.13IU (4.54%), Vitamin B3: 0.89mg (4.44%), Fiber: 1.1g (4.41%), Magnesium: 14.79mg (3.7%), Iron: 0.6mg (3.36%), Zinc: 0.5mg (3.35%), Potassium: 115.49mg (3.3%), Copper: 0.05mg (2.7%), Vitamin E: 0.29mg (1.97%), Vitamin B5: 0.16mg (1.61%)