

# Grilled Italian Burger

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-italian-burger-recipe>

## Ingredients:

- 1 pound ground beef
- 1 tablespoon Italian seasoning
- 1/4 cup Parmesan cheese shredded
- 1 teaspoon minced garlic
- 1/2 cup mozzarella cheese shredded
- 8 basil leaves fresh
- 1/4 cup spinach fresh
- 1 tomatoes sliced
- 4 tablespoons pesto
- 4 hamburger buns

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 90 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 10 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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