

St. Louis Burgers

Yield: 4 min
Total Time: 28 min

Recipe from: <https://www.recipeschoose.com/recipes/st-louis-italian-beef-recipe>

Ingredients:

- 1 pound ground beef 93% lean or leaner
- 4 frozen toasted cheese ravioli
- 4 tablespoons marinara sauce comes with the ravioli
- 1/4 cup part skim ricotta cheese
- 1 teaspoon italian seasoning dried
- 4 hamburger buns split

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 8 grams
8. Sodium: 370 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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