

Recipe Type: Standard	Prep Time: 10 mins
Cook Time: 15 mins	Total Time: 25 mins
Recipe Yield: 500 grams	Number of Servings: 4
Serving Size: 125 g	

Ingredients

500 g	Ground Beef
4 pieces	pita bread
100 g	lettuce
100 g	Tomato
50 g	onion
100 g	cheese

50 g	ketchup
50 g	mustard
5 g	Salt
5 g	Pepper

Directions

Step 1

Preheating

Preheat the grill or stovetop pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Divide the ground beef into 4 equal portions and shape them into patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Season the patties with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the patties for about 4-5 minutes per side, or until cooked to your desired level of doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Grilling

Toast the pita bread on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the burgers by placing a patty on each piece of pita bread. Top with lettuce, tomato, onion, cheese, ketchup, and mustard.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

Vitamins

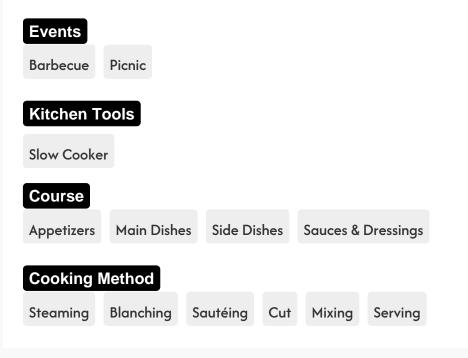
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes



Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease

Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease

Diverticulitis

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com