



Beef, Mint, and Pepperoncini Burgers with Lemon-Feta Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1.5 cups cherry tomatoes quartered
- 1 large egg white lightly beaten
- 0.3 cup yogurt plain fat-free
- 2 ounces feta cheese crumbled reduced-fat
- 0.5 cup mint leaves fresh chopped
- 1 tablespoon mint leaves fresh finely chopped
- 1 garlic clove

- 0.3 teaspoon ground cinnamon
- 1 pound ground round
- 10 ounce hamburger buns
- 1 tablespoon honey
- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 0.5 cup pickled pepperoncini peppers seeded finely chopped
- 0.3 teaspoon salt

Equipment

- food processor
- grill
- broiler
- broiler pan

Directions

- To prepare relish, combine tomatoes, 1 tablespoon mint, and 1 tablespoon juice; cover and chill until ready to serve.
- To prepare sauce, place feta cheese and next 4 ingredients (through garlic) in a food processor, and process 2 minutes or until smooth, scraping sides. Cover and chill.
- Prepare grill or broiler.
- To prepare burgers, combine 1/2 cup mint and next 6 ingredients (through beef). Divide mixture into 5 equal portions, shaping each into a 1/2-inch-thick patty.
- Place patties on a grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until done.
- Place 1 patty on bottom half of each bun; top with 1/4 cup relish.
- Drizzle each serving with about 2 tablespoons sauce; top with top halves of buns.
- Serve immediately.
- Wine note: The sauce of lemon, feta cheese, and yogurt on this tasty burger adds a salty, tangy flavor that can make many red wines taste flat and dull. So opt for a fresh, clean, dry

white wine instead (whoever said white wines don't go with red meat?). My favorite choice: a snappy pinot grigio, served well chilled. The 2003 Zenato Pinot Grigio from Veneto, Italy, is an affordable choice at about \$ –Karen MacNeil

Nutrition Facts

PROTEIN 29.82% FAT 30.47% CARBS 39.71%

Properties

Glycemic Index:36.25, Glycemic Load:18.85, Inflammation Score:-6, Nutrition Score:19.465652429539%

Flavonoids

Eriodictyol: 2.14mg, Eriodictyol: 2.14mg, Eriodictyol: 2.14mg, Eriodictyol: 2.14mg Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 383.83kcal (19.19%), Fat: 12.93g (19.89%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 35.58g (12.94%), Sugar: 10.56g (11.73%), Cholesterol: 65.29mg (21.76%), Sodium: 586.5mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Selenium: 32.64µg (46.63%), Vitamin B3: 7.5mg (37.49%), Vitamin B12: 2.2µg (36.65%), Zinc: 5.06mg (33.73%), Vitamin C: 26.74mg (32.41%), Phosphorus: 266.94mg (26.69%), Iron: 4.69mg (26.04%), Vitamin B1: 0.39mg (25.75%), Manganese: 0.49mg (24.65%), Vitamin B6: 0.48mg (23.85%), Vitamin B2: 0.4mg (23.68%), Folate: 78.08µg (19.52%), Potassium: 578.5mg (16.53%), Calcium: 140.79mg (14.08%), Magnesium: 45.78mg (11.44%), Copper: 0.2mg (10.01%), Vitamin A: 497.24IU (9.94%), Fiber: 2.32g (9.29%), Vitamin B5: 0.76mg (7.6%), Vitamin K: 6.11µg (5.82%), Vitamin E: 0.8mg (5.31%)