



Bifteki Burger Sandwich

READY IN



80 min.

SERVINGS



6

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 long baguettes sliced cut into 3 equal pieces, open
- ☐ 1 cup cucumber shredded
- ☐ 0.5 pound feta cheese crumbled
- ☐ 6 sprigs optional: dill fresh chopped
- ☐ 35 mint leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds ground beef the fattier, the tastier
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 6 servings paprika smoked spanish

- ☐ 2 cups greek yogurt plain see Cook's Notes
- ☐ 1 medium onion red finely chopped
- ☐ 1 medium onion red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper
- ☐ 1 to 3 tomatoes sliced
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ grill
- ☐ broiler
- ☐ colander
- ☐ chopsticks

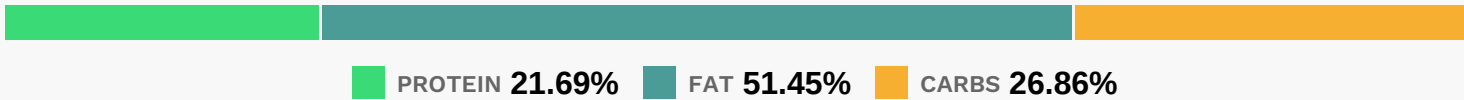
Directions

- ☐ Place the cucumber into a strainer or colander over a bowl and squeeze with your hands the shredded cucumber to release the liquid. When the liquid comes to a slow drip, set the strainer into a bowl and set the bowl in the refrigerator to continue to slowly drip for 30 minutes. Make sure the bottom of the strainer does not touch the bowl. (The purpose of straining the cucumber is important to retain the thick consistency of tzatziki sauce. You can either discard the cucumber liquid or reserve it to make a refreshing cucumber water drink.)
- ☐ Empty the yogurt into a medium bowl.
- ☐ Add the strained cucumber along with the garlic, dill, vinegar and oil into the bowl and gently mix with a whisk. When all the ingredients are equally distributed, your tzatziki sauce is ready. Season with salt and pepper, if using. (Sauce can be prepared a day in advance and refrigerated.)
- ☐ For the bifteki: In a medium bowl, add the ground beef, red onion and mint leaves. With your hands, work in all the ingredients until everything is equally distributed. Then add the

crumbled cheese and mix, being careful not to overwork the mixture. You want the cheese to stay relatively chunky. Form into a loaf and cut into 6 equal pieces, about 5 ounces each. Form each piece into an oval-shaped meatball and then pat down to form an oval shaped patty. (Patties can be prepared a day in advance and refrigerated.)

- ☐ For the sandwich: Cook each patty on a hot charcoal grill or broiler for 2 to 3 minutes on each side until desired temperature is reached. (I like this patty cooked to medium, unlike my burgers that I prefer on the rare side.)
- ☐ Lightly toast the baguettes on the grill, if desired.
- ☐ Remove from the heat and then spread 1 tablespoon of tzatziki sauce on the top half of each baguette piece. When the patties are ready, remove from the heat and cut on a bias into 3 equal parts.
- ☐ Spread the cut pieces over the bottom half of the toasted baguette. Top the patty with sliced tomatoes and sliced red onions.
- ☐ Sprinkle some salt and pepper and Spanish smoked paprika, if using. Press both sides of the baguette together and enjoy.

Nutrition Facts



Properties

Glycemic Index:44.29, Glycemic Load:29.04, Inflammation Score:-8, Nutrition Score:30.163913135943%

Flavonoids

Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 758.13kcal (37.91%), Fat: 42.97g (66.1%), Saturated Fat: 15.6g (97.52%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 46.84g (17.03%), Sugar: 8.6g (9.56%), Cholesterol: 117.49mg (39.16%), Sodium: 1439.97mg (62.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.76g (81.52%), Selenium: 44.02µg (62.89%), Vitamin B12: 3.53µg (58.87%), Vitamin B2: 0.99mg (58.27%), Phosphorus: 506.25mg (50.63%), Vitamin B3: 9.47mg

(47.37%), Zinc: 7.1mg (47.33%), Vitamin B1: 0.65mg (43.21%), Calcium: 401.32mg (40.13%), Vitamin B6: 0.77mg (38.46%), Iron: 6.18mg (34.31%), Folate: 134.48µg (33.62%), Manganese: 0.61mg (30.48%), Vitamin A: 1105.5IU (22.11%), Potassium: 723.78mg (20.68%), Magnesium: 71.16mg (17.79%), Vitamin E: 2.54mg (16.95%), Vitamin B5: 1.64mg (16.39%), Fiber: 3.62g (14.46%), Vitamin K: 15.02µg (14.31%), Copper: 0.27mg (13.31%), Vitamin C: 8.61mg (10.44%), Vitamin D: 0.26µg (1.76%)