



Biftekia Gemista (Feta Stuffed Burgers)

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 1 eggs
- ☐ 0.3 pound feta
- ☐ 1 clove garlic chopped ()
- ☐ 1 pound ground beef
- ☐ 1 lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion grated ()
- ☐ 1 teaspoon oregano

- ☐ 2 tablespoons parsley chopped ()
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon paprika smoked hot

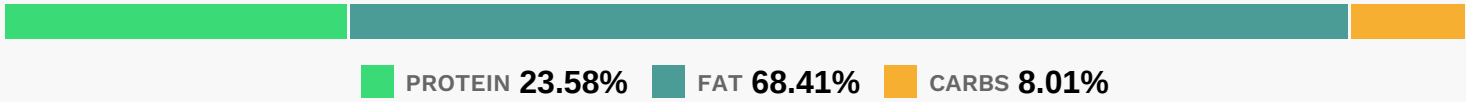
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix the beef, onion,garlic, oregano, paprika, parsley, lemon zest, egg, oil and bread crumbs in a large bowl.
- ☐ Grab 1/4 of the mixture, form a ball, flatten it to about 1/4 inch thick, place a slab of feta on one side, fold over to cover and seal the sides.
- ☐ Grill, broil or pan fry until cooked, about 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:18.567825980808%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 448.77kcal (22.44%), Fat: 33.81g (52.01%), Saturated Fat: 13.41g (83.81%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.67g (2.79%), Sugar: 1.36g (1.51%), Cholesterol: 146.66mg (48.89%), Sodium: 660.55mg (28.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin B12: 3.03µg (50.46%), Vitamin K: 41.53µg (39.55%), Zinc: 5.9mg (39.3%), Selenium: 26.6µg (38%), Phosphorus: 317.5mg (31.75%), Vitamin

B2: 0.5mg (29.53%), Vitamin B3: 5.66mg (28.31%), Vitamin B6: 0.56mg (28.2%), Calcium: 198.12mg (19.81%), Iron: 3.4mg (18.88%), Vitamin A: 603.46IU (12.07%), Vitamin B1: 0.18mg (11.79%), Potassium: 411.97mg (11.77%), Vitamin B5: 1.11mg (11.05%), Folate: 37.41µg (9.35%), Vitamin E: 1.4mg (9.34%), Magnesium: 34.29mg (8.57%), Manganese: 0.16mg (7.81%), Vitamin C: 6.14mg (7.44%), Copper: 0.12mg (6.18%), Fiber: 1.23g (4.92%), Vitamin D: 0.45µg (2.98%)