



Cook the Book: Tarpon Springs Greek Burgers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cucumber peeled coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 8 olives black pitted coarsely chopped
- ☐ 1.5 pounds ground pork lean
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 mint leaves minced
- ☐ 0.3 cup olive oil
- ☐ 1 small onion minced

- ☐ 1 teaspoon oregano dried crumbled
- ☐ 1 cup yogurt plain
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 spring onion green finely chopped (part of tops included)
- ☐ 3 tablespoons citrus champagne vinegar

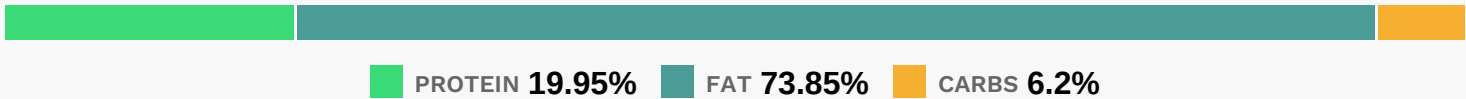
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ In a bowl, combine the olive oil, vinegar, and lemon juice and whisk till well blended.
- ☐ Add the oregano, garlic, and salt and pepper and stir till well blended.
- ☐ Add the cucumbers, olives, and scallions, stir well, cover with plastic wrap, and let marinate for about 1 hour.
- ☐ Preheat the oven broiler.
- ☐ In a bowl, combine the pork, onion, mint, and yogurt and mix with your hands till well blended. Shape the mixture into 4 thick oval patties, place on the rack of a broiler pan, and broil about 4 inches from the heat till cooked through, about 8 minutes on each side.
- ☐ Drain the cucumbers, olives, and scallions and serve the burgers hot with a little of the mixture spooned over the top.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:24.117826115826%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 650.23kcal (32.51%), Fat: 53.09g (81.67%), Saturated Fat: 16.74g (104.63%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 7.92g (2.88%), Sugar: 6.16g (6.85%), Cholesterol: 130.43mg (43.48%), Sodium: 254.6mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.27g (64.55%), Vitamin B1: 1.33mg (88.53%), Selenium: 43.68µg (62.4%), Phosphorus: 399.18mg (39.92%), Vitamin B6: 0.8mg (39.77%), Vitamin B3: 7.6mg (38%), Vitamin K: 34.94µg (33.27%), Vitamin B2: 0.54mg (31.82%), Zinc: 4.45mg (29.69%), Potassium: 862.18mg (24.63%), Vitamin B12: 1.42µg (23.62%), Vitamin B5: 1.79mg (17.89%), Vitamin E: 2.48mg (16.51%), Vitamin C: 13.53mg (16.41%), Magnesium: 64.73mg (16.18%), Calcium: 143.92mg (14.39%), Iron: 2.39mg (13.27%), Folate: 45.24µg (11.31%), Manganese: 0.22mg (11.19%), Copper: 0.22mg (11.06%), Fiber: 2.09g (8.38%), Vitamin A: 303.19IU (6.06%)