



Curried Lamb-and-Spinach Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup breadcrumbs fresh
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup savory chutney (such as Raffetto's Chut-Nut Colonial)
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- ☐ 2 garlic cloves minced
- ☐ 1 pound lamb lean
- ☐ 0.5 teaspoon salt

- ☐ 8 ounce onion sandwich buns
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

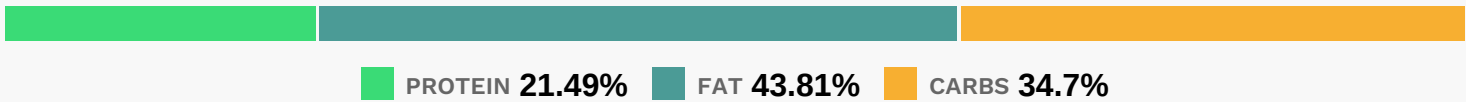
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine the first 8 ingredients in a medium bowl. Divide the lamb mixture into 4 equal portions, and shape into 1/2-inch-thick patties. Prepare grill or broiler.
- ☐ Place the patties on a grill rack or broiler pan, and cook 7 minutes on each side or until the lamb is done.
- ☐ Place the patties on bottom halves of sandwich buns, and spread each patty with 1 tablespoon savory chutney. Cover with sandwich bun tops.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:27.585652071497%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 561.08kcal (28.05%), Fat: 27.59g (42.45%), Saturated Fat: 11.98g (74.87%), Carbohydrates: 49.18g (16.39%), Net Carbohydrates: 43.1g (15.67%), Sugar: 2.62g (2.91%), Cholesterol: 82.78mg (27.59%), Sodium: 874.09mg (38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.89%), Vitamin K: 265.84µg (253.18%), Vitamin A: 8539.82IU (170.8%), Manganese: 1.2mg (59.85%), Selenium: 31.45µg (44.93%), Folate: 176.74µg (44.19%), Iron: 7.25mg (40.26%), Vitamin B1: 0.53mg (35.31%), Calcium: 271.86mg (27.19%), Vitamin B2: 0.43mg (25.06%), Fiber: 6.08g (24.31%), Magnesium: 91.79mg (22.95%), Vitamin B3: 4.15mg (20.74%), Vitamin E:

2.47mg (16.44%), Copper: 0.28mg (14.06%), Phosphorus: 130.65mg (13.06%), Vitamin B6: 0.26mg (12.82%), Potassium: 396.28mg (11.32%), Zinc: 1.39mg (9.28%), Vitamin C: 6.25mg (7.57%), Vitamin B5: 0.41mg (4.08%), Vitamin B12: 0.06µg (1.05%)