



## Greek Bifteki

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons thyme leaves dried
- 4 ounces feta cheese
- 1.3 pounds ground beef
- 1 tablespoon yogurt plain
- 4 servings salt and pepper to taste

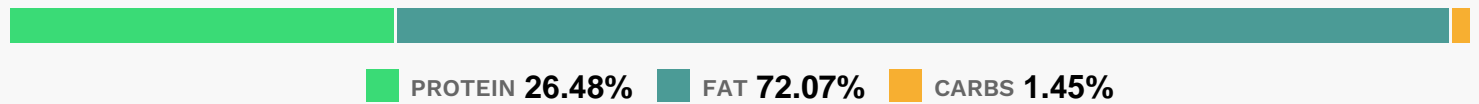
## Equipment

- bowl
- grill

## Directions

- Preheat grill for indirect heat.
- In a large bowl, mix together ground beef, yogurt, thyme, and salt and pepper. Form meat into 8 patties, about 2 to 3 inches in diameter.
- Cut the cheese into 4 slices.
- Place one cheese slice between two patties, and seal the edges. Repeat with remaining beef patties and cheese slices. Set bifteki aside.
- Brush grate with oil, and arrange bifteki on hot grate. Cover, and cook for 15 to 20 minutes, or until meat is cooked through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:16.874782607607%

## Nutrients (% of daily need)

Calories: 463.6kcal (23.18%), Fat: 36.53g (56.21%), Saturated Fat: 15.49g (96.81%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.24g (0.27%), Cholesterol: 133.23mg (44.41%), Sodium: 620.85mg (26.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.41%), Vitamin B12: 3.73µg (62.22%), Zinc: 7.2mg (47.98%), Selenium: 27.07µg (38.67%), Phosphorus: 340.18mg (34.02%), Vitamin B3: 6.7mg (33.5%), Vitamin B6: 0.61mg (30.65%), Vitamin B2: 0.47mg (27.77%), Iron: 3.74mg (20.78%), Calcium: 182.6mg (18.26%), Potassium: 437.67mg (12.5%), Vitamin K: 11.81µg (11.25%), Vitamin B5: 1.05mg (10.53%), Magnesium: 32.79mg (8.2%), Vitamin B1: 0.11mg (7.51%), Folate: 21.38µg (5.34%), Copper: 0.11mg (5.31%), Vitamin E: 0.71mg (4.74%), Manganese: 0.06mg (3.15%), Vitamin A: 143.59IU (2.87%), Vitamin D: 0.27µg (1.8%)