



Greek Burger with Arugula, Tomatoes, and Feta

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups arugula
- 0.5 cup cucumber diced peeled seeded finely
- 2 teaspoon dijon mustard
- 0.3 cup feta cheese crumbled
- 1 tablespoon mint leaves fresh chopped
- 2 tablespoon mint leaves fresh chopped
- 2 cloves garlic
- 2 teaspoon garlic chopped

- 1 teaspoon honey
- 0.8 pound ground lamb lean
- 1 tablespoon juice of lemon fresh
- 2 teaspoon olive oil
- 1 small onion finely chopped
- 4 teaspoon oregano dried fresh chopped
- 4 2-inch wholewheat pita breads whole-wheat (6 1/es each)
- 0.7 cup yogurt plain
- 1 onion red cut into 1/4-inch-thick slices
- 0.3 cup skim milk
- 1 medium tomatoes cut into 1/4-inch-thick slices

Equipment

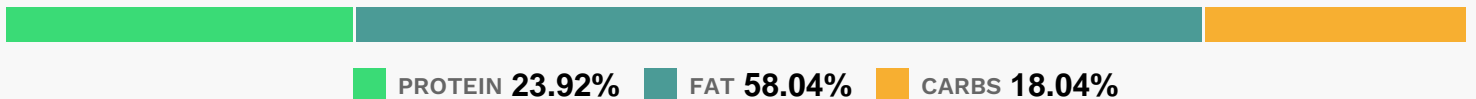
- food processor
- bowl
- frying pan
- paper towels
- oven
- whisk
- blender
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Cut 1/4 off each pita (a half-moon shape from 10 o'clock to 2 o'clock). Chop half-moons, transfer to a bowl and sprinkle with milk.
- Let soak 5 minutes.

- Drain and squeeze out excess milk. Pure soaked bread, onion, garlic, herbs and lemon juice in a blender or food processor.
- Transfer pure to a bowl.
- Add lamb, season with salt and pepper and combine. Form into 4 patties. Wrap pitas in foil and heat until warm, about 8 minutes. (Or place pitas between sheets of paper towel and microwave until warm, about 30 seconds.)
- Heat oil in a nonstick skillet over medium-high heat until hot. Cook burgers to medium, 2 to 3 minutes on each side.
- Whisk yogurt, mint, garlic, mustard and honey in a bowl. Stir in cucumber and season with salt and pepper. Open each pita, stuff with arugula and drizzle with some of the dressing.
- Add burger, tomato and red onion to pita.
- Sprinkle with feta.
- Serve leftover dressing on the side.

Nutrition Facts



Properties

Glycemic Index:111.38, Glycemic Load:3.34, Inflammation Score:-9, Nutrition Score:11.991304428681%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.9mg, Isorhamnetin: 2.9mg, Isorhamnetin: 2.9mg, Isorhamnetin: 2.9mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 347.85kcal (17.39%), Fat: 22.86g (35.17%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 13.15g (4.78%), Sugar: 8.84g (9.82%), Cholesterol: 74.49mg (24.83%), Sodium: 288.61mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.39%), Vitamin K: 34.19µg (32.56%), Calcium: 259.77mg (25.98%), Manganese: 0.37mg (18.53%), Vitamin A: 907.4IU (18.15%), Vitamin C: 14.34mg (17.38%), Phosphorus: 168.67mg (16.87%), Vitamin B2: 0.28mg (16.7%), Iron: 2.8mg (15.57%), Vitamin B6: 0.25mg (12.43%), Folate: 49.55µg (12.39%), Potassium: 422.29mg (12.07%), Fiber: 2.85g (11.39%), Magnesium: 39.77mg (9.94%),

Vitamin B12: 0.55µg (9.15%), Zinc: 1.21mg (8.09%), Selenium: 5.32µg (7.6%), Vitamin B1: 0.11mg (7.48%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.94mg (6.25%), Copper: 0.11mg (5.4%), Vitamin B3: 0.7mg (3.49%), Vitamin D: 0.22µg (1.46%)