



Greek Burger with Arugula, Tomatoes, and Feta

READY IN



45 min.

SERVINGS



4

CALORIES



344 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 crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 teaspoon garlic chopped
- ☐ 1 teaspoon honey
- ☐ 0.8 pound 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 pitas whole-wheat (6 1/es each)
- ☐ 0.7 cup nonfat 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

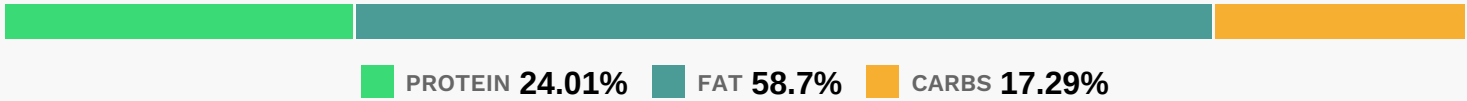
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350°F.
- ☐ 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. Purée soaked bread, onion, garlic, herbs and lemon juice in a blender or food processor.
- ☐ Transfer purée 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.
- ☐ See Nutrition Data's analysis ›
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:103.88, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:11.339565287466%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg 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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg

Nutrients (% of daily need)

Calories: 343.86kcal (17.19%), Fat: 22.83g (35.12%), Saturated Fat: 10.52g (65.77%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.51g (4.55%), Sugar: 8.83g (9.81%), Cholesterol: 74.49mg (24.83%), Sodium: 287.58mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.01%), Vitamin K: 34.16µg (32.54%), Calcium: 250.98mg (25.1%), Phosphorus: 164.55mg (16.45%), Vitamin B2: 0.28mg (16.21%), Vitamin A: 801.07IU (16.02%), Vitamin C: 13.07mg (15.85%), Manganese: 0.32mg (15.8%), Iron: 2.65mg (14.73%), Folate: 46.66µg (11.66%), Potassium: 402.05mg (11.49%), Vitamin B6: 0.23mg (11.34%), Fiber: 2.62g (10.46%), Magnesium: 37.39mg (9.35%), Vitamin B12: 0.55µg (9.15%), Zinc: 1.17mg (7.78%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.11mg (7.14%), Vitamin B5:

0.67mg (6.75%), Vitamin E: 0.94mg (6.24%), Copper: 0.1mg (4.77%), Vitamin B3: 0.64mg (3.22%), Vitamin D:
0.22µg (1.46%)