



Greek Feta Burger

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cucumber grated unpeeled ()
- 0.5 teaspoon marjoram dried
- 0.5 cup feta crumbled reduced-fat
- 0.5 clove garlic crushed
- 1 pound ground beef lean (93 percent or 95 percent)
- 1 teaspoon juice of lemon fresh
- 6 ounces nonfat greek yogurt plain
- 0.3 cup onion diced red finely

- 7 ounces roasted peppers red drained
- 0.5 teaspoon salt
- 4 portugese rolls split
- 1 cup zucchini diced finely

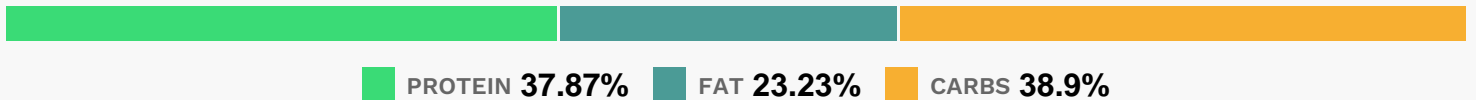
Equipment

- bowl
- grill
- grill pan

Directions

- In a bowl, combine yogurt, cucumbers, garlic and juice; set aside. In another bowl, mix beef, zucchini, feta, onion, marjoram, salt and pepper. Form beef mixture into four 3/4-inch-thick patties. Coat a grill pan or grill rack with cooking spray. Grill patties over medium-high heat, flipping once, about 5 minutes each side, until internal temperature reaches 160°F. Divide roasted peppers evenly among bottom roll halves; top with 1 burger, 1/4 yogurt sauce and lettuce and cucumber, if desired. Top each with other half of roll.
- Self

Nutrition Facts



Properties

Glycemic Index: 48, Glycemic Load: 23.42, Inflammation Score: -5, Nutrition Score: 20.088695588319%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 417.42kcal (20.87%), Fat: 10.67g (16.42%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 37.84g (13.76%), Sugar: 8g (8.89%), Cholesterol: 82.48mg (27.49%), Sodium: 1523.41mg (66.24%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 39.13g (78.26%), Iron: 13.99mg (77.71%), Vitamin B12: 2.84µg (47.3%), Zinc: 6.24mg (41.63%), Vitamin C: 30.74mg (37.27%), Selenium: 24.3µg (34.71%), Vitamin B3: 6.76mg (33.8%), Vitamin B6: 0.64mg (32.04%), Phosphorus: 312.33mg (31.23%), Vitamin B2: 0.35mg (20.87%), Potassium: 652.44mg (18.64%), Magnesium: 44.42mg (11.11%), Vitamin B5: 1.01mg (10.13%), Manganese: 0.2mg (10.13%), Copper: 0.2mg (9.79%), Calcium: 96.23mg (9.62%), Fiber: 2.36g (9.45%), Folate: 29.2µg (7.3%), Vitamin A: 335.72IU (6.71%), Vitamin B1: 0.09mg (6.31%), Vitamin K: 3.21µg (3.06%), Vitamin E: 0.37mg (2.47%)