



Greek Feta Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cucumber-dill sauce
- ☐ 1 egg white lightly beaten
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup mint leaves dried fresh chopped
- ☐ 6 ounce hamburger buns with onions
- ☐ 0.8 pound lamb lean
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

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0.5 cup tomatoes diced

Equipment

☐

bowl

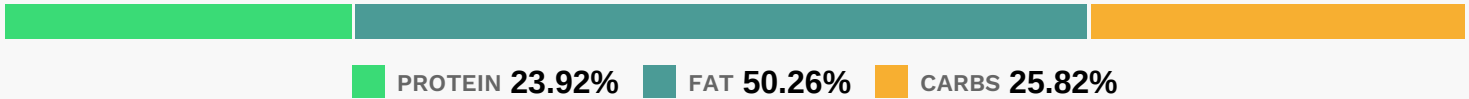
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grill

Directions

- ☐
- Combine first 4 ingredients in a bowl; stir well.
- ☐
- Add lamb, cheese, and mint; stir well. Divide mixture into 4 equal portions, shaping into 1/2-inch-thick patties.
- ☐
- Prepare grill.
- ☐
- Place patties on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐
- Place patties on bottom halves of buns; top each with 2 tablespoons tomato, 2 tablespoons Cucumber-Dill Sauce, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:13.09, Inflammation Score:-10, Nutrition Score:23.240434921306%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 404.04kcal (20.2%), Fat: 22.82g (35.11%), Saturated Fat: 10.73g (67.06%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 23.07g (8.39%), Sugar: 4.19g (4.66%), Cholesterol: 74.7mg (24.9%), Sodium: 503.97mg

(21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.87%), Vitamin K: 267.62µg (254.88%), Vitamin A: 8654.15IU (173.08%), Manganese: 0.81mg (40.54%), Folate: 154.5µg (38.62%), Selenium: 19.46µg (27.79%), Vitamin B2: 0.45mg (26.45%), Calcium: 240.41mg (24.04%), Iron: 4.31mg (23.95%), Vitamin B1: 0.33mg (22%), Magnesium: 71.25mg (17.81%), Vitamin E: 2.3mg (15.35%), Phosphorus: 133.66mg (13.37%), Fiber: 3.31g (13.26%), Vitamin B3: 2.45mg (12.25%), Vitamin B6: 0.23mg (11.5%), Vitamin C: 9.43mg (11.43%), Potassium: 384.52mg (10.99%), Copper: 0.18mg (8.87%), Zinc: 1.18mg (7.9%), Vitamin B12: 0.33µg (5.52%), Vitamin B5: 0.25mg (2.51%)