



## Greek Hamburgers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup cucumber diced
- ☐ 4 ounce feta cheese crumbled
- ☐ 1 clove garlic minced
- ☐ 2 ounces goat cheese
- ☐ 0.5 cup greek yogurt
- ☐ 1 pound ground beef
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin

☐ 1 tablespoon oregano dried

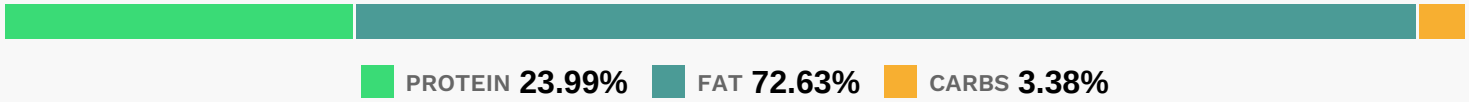
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Mix ground beef, feta cheese, goat cheese, 2 tablespoons lemon juice, olive oil, oregano, and garlic together in a large bowl using your hands. Form meat into 4 patties.
- ☐ Stir Greek yogurt, cucumber, and 3 tablespoons lemon juice together in a bowl.
- ☐ Heat a frying pan over medium heat for about 2 minutes; cook burgers to desired degree of doneness, about 5 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- ☐ Serve with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:17.087391319482%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 485.61kcal (24.28%), Fat: 38.95g (59.93%), Saturated Fat: 15.56g (97.23%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.4g (1.56%), Cholesterol: 113.51mg (37.84%), Sodium: 461.18mg (20.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.89%), Vitamin B12: 3.11µg (51.8%), Zinc: 5.88mg (39.21%), Phosphorus: 350.64mg (35.06%), Selenium: 24.32µg (34.74%), Vitamin B2: 0.54mg (31.91%), Vitamin B6:

0.57mg (28.48%), Vitamin B3: 5.26mg (26.32%), Calcium: 231mg (23.1%), Iron: 3.21mg (17.83%), Vitamin K: 15.4µg (14.67%), Vitamin E: 1.8mg (12%), Potassium: 404.41mg (11.55%), Vitamin B5: 1.07mg (10.73%), Copper: 0.2mg (10.21%), Magnesium: 34.92mg (8.73%), Vitamin B1: 0.12mg (7.79%), Folate: 26.86µg (6.71%), Vitamin C: 4.88mg (5.92%), Manganese: 0.12mg (5.9%), Vitamin A: 295.05IU (5.9%), Fiber: 0.64g (2.56%), Vitamin D: 0.28µg (1.89%)