



Greek Lamb Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 pound ground turkey breast
- ☐ 0.8 pound lamb lean
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 3 6-inch pitas cut in half ()
- ☐ 0.5 teaspoon salt

☐ 6 tablespoons easy tzatziki sauce

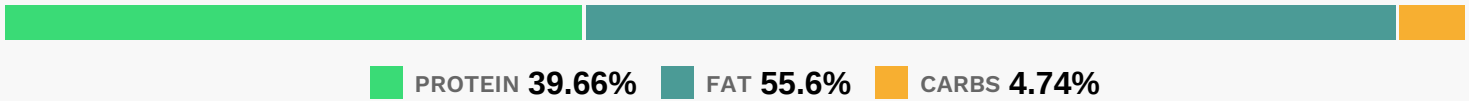
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 8 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 6 minutes on each side or until a thermometer registers 16
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Place 1 patty in each pita half; drizzle each serving with 1 tablespoon Easy Tzatziki Sauce.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:6.5508695789005%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 256.96kcal (12.85%), Fat: 16.09g (24.76%), Saturated Fat: 7.1g (44.38%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.91g (1.01%), Cholesterol: 80.14mg (26.71%), Sodium: 428.97mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin B3: 5.56mg (27.81%), Vitamin B6: 0.51mg (25.7%), Selenium: 12.78µg (18.26%), Phosphorus: 132.77mg (13.28%), Iron: 1.54mg (8.57%), Zinc: 1.04mg (6.95%), Potassium: 185.61mg (5.3%), Vitamin B5: 0.52mg (5.21%), Vitamin B12: 0.29µg (4.82%), Magnesium: 19.16mg (4.79%), Calcium: 42.67mg (4.27%), Vitamin K: 4.17µg (3.97%), Vitamin B2: 0.07mg (3.9%), Manganese: 0.07mg (3.39%), Vitamin B1: 0.04mg (2.75%), Copper: 0.04mg (2.21%), Fiber: 0.44g (1.77%), Vitamin C: 1.42mg (1.72%), Vitamin A: 85.73IU (1.71%), Folate: 6.73µg (1.68%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.16mg (1.1%)