



Greek Lamb Burgers with Cucumber Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce day-old bread white
- ☐ 0.5 cup cucumber sauce
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound lamb lean
- ☐ 2 tablespoons lemon rind grated (2 lemons)
- ☐ 0.3 cup onion red chopped

- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

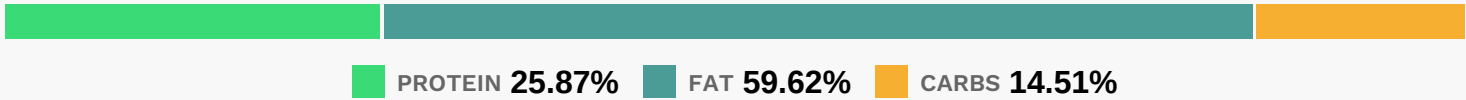
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place bread in food processor; pulse until coarsely ground.
- ☐ Combine breadcrumbs, onion, and the next 7 ingredients (onion through garlic) in a bowl. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on grill rack coated with cooking spray, and grill 7 minutes on each side or until done.
- ☐ Serve with Cucumber Sauce.
- ☐ Note: Totals include Cucumber Sauce

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:5.5, Inflammation Score:-10, Nutrition Score:19.236086990522%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 363.1kcal (18.16%), Fat: 24.51g (37.71%), Saturated Fat: 11.43g (71.41%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 9.99g (3.63%), Sugar: 2.17g (2.41%), Cholesterol: 82.78mg (27.59%), Sodium: 500.69mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.87%), Vitamin K: 265.07µg (252.45%), Vitamin A: 8536.06IU (170.72%), Manganese: 0.7mg (34.86%), Folate: 128.23µg (32.06%), Iron: 3.74mg (20.8%), Magnesium: 64.52mg (16.13%), Calcium: 154.51mg (15.45%), Vitamin E: 2.14mg (14.27%), Fiber: 3.42g (13.69%), Vitamin C: 11.28mg (13.67%), Vitamin B2: 0.22mg (12.74%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.16mg (10.64%), Vitamin B6: 0.2mg (10.02%), Potassium: 341.62mg (9.76%), Copper: 0.16mg (7.96%), Phosphorus: 65.01mg (6.5%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.65mg (4.34%), Vitamin B5: 0.23mg (2.35%)