



## Greek Pita Burgers with Spinach, Feta and Tzatziki Sauce

READY IN



30 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 medium cucumber shredded peeled seeded
- 8 oz yogurt plain
- 0.3 cup spring onion chopped
- 1 clove garlic finely chopped
- 1 tablespoon olive oil
- 1 teaspoon juice of lemon
- 0.3 teaspoon salt
- 1 lb ground beef 80% lean (at least )

- 0.5 cup spinach frozen thawed chopped ()
- 0.3 cup feta cheese crumbled
- 0.3 cup onion red finely chopped
- 2 cloves garlic finely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 8 hamburger buns whole wheat split
- 2 medium tomatoes sliced
- 4 leaves the of 1 cos lettuce

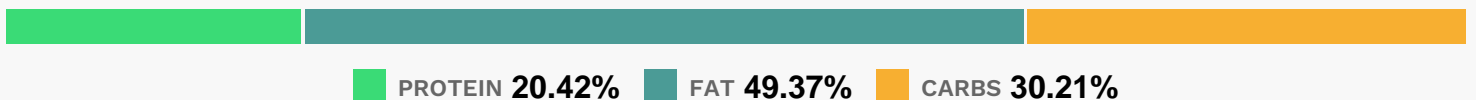
## Equipment

- bowl
- grill
- kitchen thermometer
- kitchen towels

## Directions

- Place shredded cucumber in clean dish towel; squeeze to remove any excess liquid. In small bowl, mix cucumber and remaining sauce ingredients. Cover; refrigerate until serving time.
- Heat gas or charcoal grill. In large bowl, mix all burger ingredients except buns, tomatoes and lettuce. Shape into 8 patties, 1/4 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 5 to 8 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- Spoon 2 tablespoons sauce on bottom half of each bun. Top with burger, tomato and lettuce. Cover with top halves of buns.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:20.146521692691%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 328.91kcal (16.45%), Fat: 18.25g (28.08%), Saturated Fat: 6.67g (41.67%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 22.17g (8.06%), Sugar: 5.66g (6.29%), Cholesterol: 49.5mg (16.5%), Sodium: 557.46mg (24.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.98%), Vitamin K: 64.2µg (61.14%), Vitamin A: 2714.06IU (54.28%), Selenium: 25.24µg (36.05%), Manganese: 0.64mg (31.94%), Folate: 100.57µg (25.14%), Vitamin B3: 4.8mg (24.02%), Vitamin B12: 1.43µg (23.81%), Zinc: 3.39mg (22.57%), Phosphorus: 215.95mg (21.6%), Vitamin B2: 0.36mg (21.29%), Vitamin B1: 0.29mg (19.44%), Iron: 3.46mg (19.21%), Vitamin B6: 0.34mg (17.03%), Calcium: 146.01mg (14.6%), Potassium: 453.15mg (12.95%), Magnesium: 49.75mg (12.44%), Fiber: 2.95g (11.8%), Copper: 0.19mg (9.66%), Vitamin C: 7.4mg (8.97%), Vitamin B5: 0.78mg (7.8%), Vitamin E: 1.04mg (6.9%)