



Greek-Style Burgers with Feta Aioli

READY IN



45 min.

SERVINGS



5

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup breadcrumbs fresh
- 1 large eggs lightly beaten
- 2 tablespoons yogurt plain fat-free
- 2 ounces feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 2 garlic clove crushed
- 0.3 teaspoon pepper black
- 1 pound ground round lean

- 2 tablespoons mayonnaise light
- 1 teaspoon oregano dried
- 2.5 inch onion red
- 0.3 cup roasted peppers red chopped
- 0.3 teaspoon salt
- 7.5 ounce sandwich rolls
- 10 ounce spinach frozen dry thawed drained chopped

Equipment

- food processor
- bowl
- grill
- broiler
- broiler pan

Directions

- To prepare aioli, combine first 5 ingredients in a food processor; pulse 1 minute or until smooth. Cover and chill.
- Prepare grill or broiler.
- To prepare the burgers, place onion slices on a grill rack or broiler pan coated with cooking spray, and cook 2 minutes on each side. Set aside.
- Combine the beef and the next 9 ingredients (beef through crushed garlic) in a large bowl. Divide the beef mixture into 5 equal portions, shaping each portion into a 1/2-inch-thick patty.
- Place patties on grill rack or broiler pan coated with cooking spray, and cook for 6 minutes on each side or until burgers are done.
- Spread 1 1/2 tablespoons aioli over top half of each bun.
- Place patties on bottom halves of buns, and top each with 1 onion slice and top half of bun.

Nutrition Facts



■ PROTEIN 28.31% ■ FAT 35.47% ■ CARBS 36.22%

Properties

Glycemic Index:36.6, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:33.402608757434%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 427kcal (21.35%), Fat: 16.72g (25.72%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 34.68g (12.61%), Sugar: 2.98g (3.31%), Cholesterol: 107.32mg (35.77%), Sodium: 880.72mg (38.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.04%), Vitamin K: 268µg (255.23%), Vitamin A: 7063.66IU (141.27%), Selenium: 44.24µg (63.2%), Manganese: 0.83mg (41.37%), Folate: 160.29µg (40.07%), Vitamin B12: 2.38µg (39.75%), Vitamin B3: 7.9mg (39.51%), Zinc: 5.89mg (39.29%), Vitamin B2: 0.64mg (37.64%), Phosphorus: 339.88mg (33.99%), Iron: 5.91mg (32.83%), Vitamin B1: 0.47mg (31.31%), Vitamin B6: 0.58mg (29.08%), Calcium: 246.96mg (24.7%), Magnesium: 87.69mg (21.92%), Potassium: 650.21mg (18.58%), Vitamin E: 2.47mg (16.47%), Fiber: 3.74g (14.94%), Vitamin C: 12.19mg (14.77%), Copper: 0.29mg (14.63%), Vitamin B5: 1.2mg (11.97%), Vitamin D: 0.34µg (2.24%)