



## Grilled Lamb and Feta Burgers

 Gluten Free

READY IN



43 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cucumber english finely grated seeded drained
- 0.5 pound feta cheese crumbled
- 2 tablespoons optional: dill fresh chopped
- 0.3 cup parsley leaves fresh coarsely chopped
- 2 cloves garlic finely minced
- 0.5 teaspoon ground allspice
- 1.5 pounds lamb
- 6 servings kosher salt and freshly cracked pepper black

- 1 teaspoon lemon zest fresh
- 1 cup greek milk yogurt whole

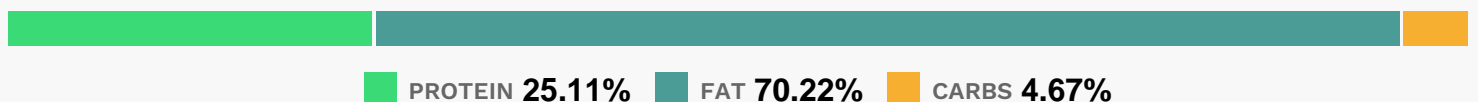
## Equipment

- bowl
- whisk
- grill pan

## Directions

- Watch how to make this recipe.
- In a medium bowl, combine the lamb, garlic, feta, allspice, parsley, salt and pepper, making sure not to overwork the mixture. Form the lamb mixture into 4 to 6 patties.
- Heat a grill pan over moderately-high heat and cook the lamb burgers until a nice crust forms, about 4 minutes. Turn the burgers over and let cook another 4 minutes.
- Let the burgers rest 10 minutes.
- Serve topped with Easy Tzatziki on a roll or bun.
- In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill.
- What Really Makes This Recipe Sing: Allspice is one of those secret weapons in savory foods. You can't put your finger on it, but you know it is there. It was named by the English, because they thought it contained cinnamon, nutmeg and cloves. Shh, it is also the secret ingredient in Cincinnati-style chili.
- What to toss in if you have it: Feel free to add some chopped fresh mint to this as well. Having a cocktail party? BYOC and makes these into mini's. Grab one before you serve because they will disappear fast.

## Nutrition Facts



## Properties

Glycemic Index:19.83, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:20.450869529144%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 451.15kcal (22.56%), Fat: 34.9g (53.69%), Saturated Fat: 16.65g (104.04%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.8g (1.75%), Sugar: 1.98g (2.2%), Cholesterol: 118.09mg (39.36%), Sodium: 706.86mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.17%), Vitamin K: 67.65µg (64.43%), Vitamin B12: 3.49µg (58.19%), Selenium: 30.59µg (43.7%), Vitamin B2: 0.67mg (39.55%), Phosphorus: 366.56mg (36.66%), Vitamin B3: 7.31mg (36.55%), Zinc: 5.28mg (35.22%), Calcium: 257.45mg (25.75%), Vitamin B6: 0.37mg (18.27%), Vitamin B1: 0.21mg (13.94%), Vitamin B5: 1.36mg (13.63%), Iron: 2.41mg (13.41%), Potassium: 421.78mg (12.05%), Folate: 43.86µg (10.97%), Magnesium: 43.43mg (10.86%), Vitamin A: 505.48IU (10.11%), Copper: 0.16mg (8.11%), Vitamin C: 6.65mg (8.06%), Manganese: 0.1mg (5.19%), Vitamin E: 0.34mg (2.27%), Vitamin D: 0.26µg (1.76%), Fiber: 0.42g (1.69%)