



Grilled Lamb Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bread crumbs dry
- 1 teaspoon cooking sherry dry
- 1 eggs
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon mint leaves fresh chopped to taste
- 4 cloves garlic minced
- 0.5 cup green onions chopped
- 1.3 pounds lamb

- 0.3 teaspoon ground pepper black
- 5 hamburger buns
- 1 teaspoon oregano dried
- 0.5 teaspoon pepper flakes red crushed
- 0.1 teaspoon salt
- 1 teaspoon citrus champagne vinegar

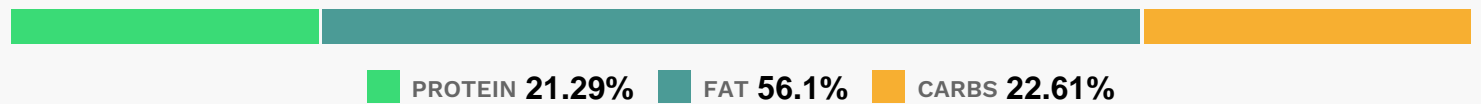
Equipment

- mixing bowl
- grill
- kitchen thermometer

Directions

- Preheat an outdoor grill for medium–high heat, and lightly oil the grate.
- Mix the lamb, egg, oregano, sherry, vinegar, red pepper flakes, garlic, green onions, mint, cilantro, bread crumbs, salt, and pepper together in a mixing bowl with your hands until evenly blended. Form into five patties.
- Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, about 4 minutes per side for medium–rare. An instant–read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- Serve on buns.

Nutrition Facts



Properties

Glycemic Index:41.6, Glycemic Load:13.27, Inflammation Score:-6, Nutrition Score:18.734782742417%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin:

0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 478.53kcal (23.93%), Fat: 29.37g (45.18%), Saturated Fat: 12.26g (76.63%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.02g (9.1%), Sugar: 3.71g (4.12%), Cholesterol: 115.52mg (38.51%), Sodium: 385.16mg (16.75%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 25.07g (50.15%), Selenium: 37.19µg (53.13%), Vitamin B12: 2.8µg (46.63%), Vitamin B3: 8.96mg (44.8%), Zinc: 4.45mg (29.69%), Vitamin K: 30.54µg (29.09%), Vitamin B1: 0.41mg (27.53%), Vitamin B2: 0.44mg (25.89%), Phosphorus: 255.28mg (25.53%), Iron: 4.02mg (22.34%), Manganese: 0.41mg (20.25%), Folate: 77.99µg (19.5%), Vitamin B6: 0.24mg (12.04%), Calcium: 114.07mg (11.41%), Potassium: 379.32mg (10.84%), Magnesium: 41.61mg (10.4%), Copper: 0.2mg (10.16%), Vitamin B5: 0.93mg (9.27%), Fiber: 1.61g (6.46%), Vitamin A: 267.79IU (5.36%), Vitamin E: 0.65mg (4.33%), Vitamin C: 3.56mg (4.32%), Vitamin D: 0.29µg (1.93%)