



Grilled Lamb Sliders with Mint Yogurt

READY IN



45 min.

SERVINGS



30

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 pounds lamb
- ☐ 1 pinch kosher salt and pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mint leaves
- ☐ 1 cup greek yogurt plain 2% reduced-fat
- ☐ 30 slider buns mini

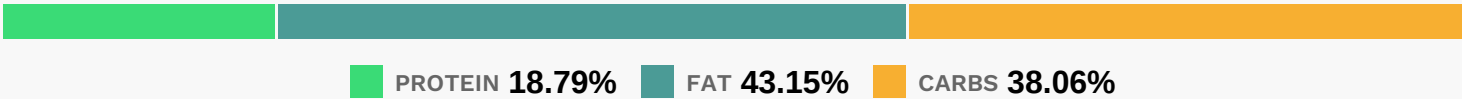
Equipment

☐ grill

Directions

- ☐ Season ground lamb with 1 teaspoon kosher salt and 1/2 teaspoon black pepper; form into 30 (1-inch-thick) patties.
- ☐ Combine yogurt, lemon juice, and a pinch each of kosher salt and black pepper. Slice mint leaves into thin ribbons. Grill lamb patties for 1–2 minutes per side. Warm slider buns.
- ☐ Place a patty on each bun; top with a dollop of yogurt mixture, and sprinkle with mint ribbons.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6030434596798%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg 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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 177.39kcal (8.87%), Fat: 8.37g (12.88%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.3g (5.56%), Sugar: 2.72g (3.02%), Cholesterol: 22.41mg (7.47%), Sodium: 99.22mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.41%), Vitamin B12: 0.75µg (12.42%), Vitamin B3: 1.83mg (9.13%), Selenium: 6.35µg (9.07%), Iron: 1.39mg (7.69%), Zinc: 1.07mg (7.15%), Phosphorus: 57mg (5.7%), Fiber: 1.31g (5.24%), Vitamin B2: 0.08mg (4.92%), Calcium: 38.18mg (3.82%), Vitamin B1: 0.04mg (2.35%), Potassium: 80.35mg (2.3%), Vitamin B6: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.21%), Magnesium: 7.57mg (1.89%), Copper: 0.03mg (1.7%), Folate: 6.59µg (1.65%), Vitamin K: 1.14µg (1.09%)