



Gyro Burgers

READY IN



22 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound extra-lean ground beef
- ☐ 0.3 cup feta cheese
- ☐ 4 lettuce leaves
- ☐ 4 8-inch pita rounds ()
- ☐ 1 onion red sliced
- ☐ 1 teaspoon greek seasoning
- ☐ 4 servings tahini sauce (see recipe)
- ☐ 2 tomatoes sliced

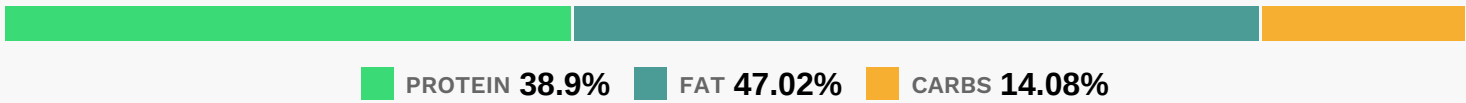
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Combine beef and seasoning in a large mixing bowl; shape into 4 patties.
- ☐ Grill patties, covered with grill lid, over mediumhigh heat (350 to 40
- ☐ for 5 to 6 minutes on each side or until beef is no longer pink.
- ☐ Cut off a 2-inch-wide sliver of bread from each pita round to form a pocket. Line each pita with 1 lettuce leaf, 2 tomato slices and 1 red onion slice.
- ☐ Add burger patties.
- ☐ Drizzle each patty with 2 Tbsp. Tahini Sauce, if desired, and sprinkle 1 Tbsp. Feta cheese evenly over each.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.83, Inflammation Score:-9, Nutrition Score:21.975217103958%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 300.68kcal (15.03%), Fat: 15.85g (24.39%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 7.98g (2.9%), Sugar: 3.07g (3.42%), Cholesterol: 78.65mg (26.22%), Sodium: 203.53mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.01%), Vitamin A: 2360.38IU (47.21%), Zinc: 6.98mg (46.51%), Vitamin B12: 2.7µg (44.98%), Phosphorus: 407.11mg (40.71%), Vitamin B3: 7.74mg (38.7%), Selenium: 26.63µg (38.05%), Vitamin B6: 0.63mg (31.31%), Vitamin B1: 0.36mg (24.25%), Iron: 4.33mg (24.06%),

Potassium: 716.21mg (20.46%), Vitamin B2: 0.33mg (19.43%), Copper: 0.39mg (19.42%), Vitamin C: 15.44mg (18.71%), Magnesium: 57.2mg (14.3%), Manganese: 0.26mg (12.89%), Folate: 50.1µg (12.53%), Vitamin K: 13.14µg (12.51%), Calcium: 119.23mg (11.92%), Fiber: 2.7g (10.78%), Vitamin B5: 0.92mg (9.23%), Vitamin E: 0.97mg (6.46%), Vitamin D: 0.15µg (1.01%)