



Gyro Burgers with Tahini Sauce

READY IN



32 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound extra-lean ground beef
- ☐ 0.3 cup feta cheese
- ☐ 4 lettuce leaves
- ☐ 4 pita rounds
- ☐ 4 slices onion red thin
- ☐ 1 teaspoon greek seasoning
- ☐ 4 servings tahini sauce
- ☐ 8 large tomatoes

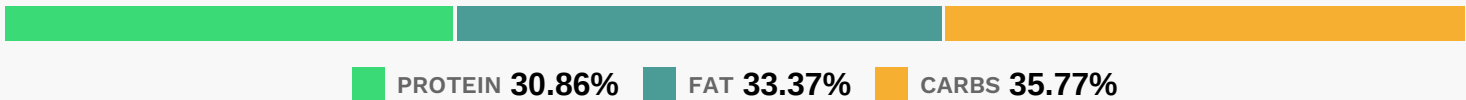
Equipment

☐ grill

Directions

- ☐ Combine beef and seasoning. Shape into 4 patties.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 6 minutes on each side or until beef is no longer pink.
- ☐ Cut off 2 inches of bread from 1 side of each pita round, forming a pocket. Line each with 1 lettuce leaf, 2 tomato slices, and 1 red onion slice.
- ☐ Add burger.
- ☐ Drizzle each with 2 tablespoons Tahini Sauce, and sprinkle with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:30.02, Inflammation Score:-9, Nutrition Score:24.430869548217%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 445.18kcal (22.26%), Fat: 16.48g (25.36%), Saturated Fat: 5.04g (31.53%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 36.17g (13.15%), Sugar: 2.3g (2.56%), Cholesterol: 78.65mg (26.22%), Sodium: 497.42mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.59%), Zinc: 7.4mg (49.35%), Vitamin A: 2297.63IU (45.95%), Phosphorus: 454.75mg (45.47%), Vitamin B12: 2.7µg (44.98%), Vitamin B3: 8.86mg (44.29%), Selenium: 26.57µg (37.95%), Vitamin B1: 0.5mg (33.44%), Vitamin B6: 0.62mg (31.13%), Iron: 5.05mg (28.06%), Manganese: 0.5mg (24.82%), Copper: 0.47mg (23.55%), Vitamin B2: 0.38mg (22.27%), Potassium: 744.73mg (21.28%), Magnesium: 69.33mg (17.33%), Calcium: 162.67mg (16.27%), Vitamin C: 13.41mg (16.26%), Folate: 59.61µg (14.9%), Fiber: 3.59g (14.35%), Vitamin K: 12.49µg (11.9%), Vitamin B5: 1.12mg (11.18%), Vitamin E: 0.93mg (6.17%), Vitamin D: 0.15µg (1.01%)