



Idaho Lamb Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 leaves boston lettuce
- ☐ 1 tablespoon chives chopped
- ☐ 1 pound lamb such as lava lake lamb*
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tsp mustard such as sun valley* chardonnay wine mustard dijon-style
- ☐ 4 servings onion rolls split
- ☐ 0.5 teaspoon pepper divided
- ☐ 8 ounces baking potatoes shredded peeled for 3 minutes

- ☐ 4 oz sheep's-milk cheese such as lark's meadow farms*
- ☐ 2 tablespoons vegetable oil divided

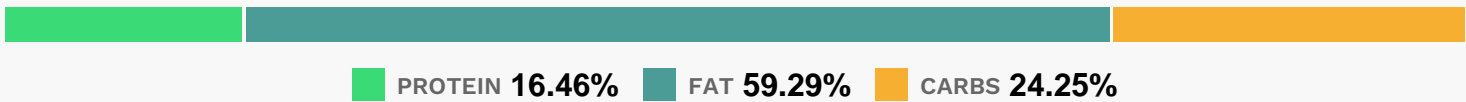
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix drained potato, 1 tsp. salt, 1/4 tsp. pepper, and chives in a medium bowl.
- ☐ Heat 1 tbsp. plus 2 tsp. oil in a large frying pan over high heat. Drop potato mixture into pan in 4 mounds and spread to form cakes. Cook until well browned on each side, turning once, about 5 minutes total.
- ☐ Heat grill to medium (350 to 450).
- ☐ Mix lamb with remaining 1/2 tsp. salt and 1/4 tsp. pepper, in a large bowl until just combined (do not overmix). Divide into 4 portions and form into 1/2-in. patties with a slight depression in the center of each to help them cook evenly.
- ☐ Brush with remaining 1 tsp. oil.
- ☐ Grill burgers, covered, turning once, until done the way you like, about 7 minutes for medium-rare. In last few minutes, lay a slice of cheese on each burger to melt and lay rolls on grill to toast.
- ☐ Lay 1 lettuce leaf, then a cheeseburger, on bottom of each roll. Set potato cakes on top.
- ☐ Mix mayonnaise and mustard, dollop about 2 tsp. onto roll tops, and set on burgers.
- ☐ *Available at lavalakelamb.com, larksmeadowfarms.com, and sunvalleymustard.com

Nutrition Facts



Properties

Glycemic Index:67.69, Glycemic Load:8.43, Inflammation Score:-6, Nutrition Score:22.856521704923%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 761.78kcal (38.09%), Fat: 49.98g (76.89%), Saturated Fat: 17.62g (110.11%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 43.26g (15.73%), Sugar: 3.99g (4.43%), Cholesterol: 112.42mg (37.47%), Sodium: 1720.23mg (74.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.45%), Vitamin B12: 3.11µg (51.85%), Vitamin K: 52.6µg (50.1%), Vitamin B3: 9.73mg (48.67%), Vitamin B2: 0.69mg (40.37%), Selenium: 26.58µg (37.97%), Zinc: 4.91mg (32.74%), Phosphorus: 314.09mg (31.41%), Folate: 117.81µg (29.45%), Vitamin B1: 0.43mg (28.78%), Iron: 5.15mg (28.61%), Calcium: 242.49mg (24.25%), Vitamin B6: 0.48mg (23.95%), Potassium: 551.15mg (15.75%), Vitamin A: 658.73IU (13.17%), Vitamin B5: 1.23mg (12.32%), Magnesium: 45.66mg (11.42%), Fiber: 2.74g (10.95%), Copper: 0.19mg (9.63%), Manganese: 0.19mg (9.41%), Vitamin E: 1.22mg (8.13%), Vitamin C: 4.23mg (5.12%), Vitamin D: 0.25µg (1.65%)