



Impossibly Easy Mini Greek Burger Pies

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



264 kcal

Ingredients

- 1 lb ground lamb 80% lean (at least)
- 1 cup onion chopped
- 0.3 teaspoon pepper red
- 0.5 cup roasted peppers diced red (from 16-oz jar)
- 2 oz feta cheese crumbled
- 0.5 cup milk
- 2 eggs
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain. Cool 5 minutes; stir in red pepper flakes, roasted red peppers and feta cheese.
- In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup burger mixture. Spoon 1 tablespoon baking mixture onto burger mixture in each muffin cup.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.01, Inflammation Score:-2, Nutrition Score:4.8126087421956%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 263.99kcal (13.2%), Fat: 19.81g (30.47%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.17g (2.41%), Cholesterol: 120.6mg (40.2%), Sodium: 356.64mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.42%), Vitamin B2: 0.19mg (10.96%), Calcium: 97.81mg (9.78%), Selenium: 6.49µg (9.27%), Phosphorus: 91.74mg (9.17%), Vitamin C: 7.4mg (8.97%), Iron: 1.55mg (8.6%), Vitamin B12: 0.4µg (6.67%), Vitamin B6: 0.13mg (6.6%), Vitamin A: 237.93IU (4.76%), Vitamin B5: 0.43mg (4.3%), Folate: 16.87µg (4.22%), Zinc: 0.61mg (4.1%), Vitamin D: 0.55µg (3.7%), Potassium: 114.19mg (3.26%), Vitamin B1: 0.05mg (3.15%), Manganese: 0.06mg (3.1%), Magnesium: 10.07mg (2.52%), Fiber: 0.62g (2.49%), Copper: 0.04mg (2.01%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.23mg (1.15%)