



It's All Greek to Me Burger

READY IN



30 min.

SERVINGS



4

CALORIES



1258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings mild banana pepper rings
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 0.5 teaspoon mint leaves dried
- 1 slices cucumber english
- 4 ounces feta cheese
- 0.5 small clove garlic grated
- 1.5 pounds lamb

- 4 hamburger buns split
- 1 cup mayonnaise
- 4 slices mozzarella cheese
- 2 teaspoons oregano dried
- 4 servings onion red sliced
- 1 tablespoon red wine vinegar
- 4 servings romaine lettuce
- 0.8 teaspoon sea salt smoked fine (large crystals - if using salt cut this amount in)
- 0.5 cup cup heavy whipping cream sour
- 4 servings tomatoes sliced

Equipment

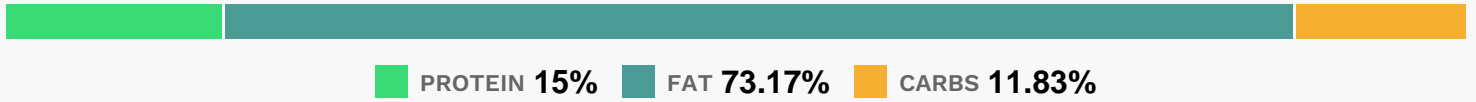
- food processor
- bowl
- frying pan
- oven
- grill
- broiler
- grill pan

Directions

- Add all ingredients for dressing to the bowl of a small food processor and pulse to combine.
- Remove to bowl and set aside to allow the flavors to blend.
- Mix all the ingredients for burger patties (do not overwork). Divide the meat into 4 equal patties that are a little larger in diameter than the size of your bun, so that when they shrink after cooking they will fit the buns perfectly.
- Heat a grill pan, cast iron skillet, or outdoor grill to medium heat. Once the grill is hot, cook burgers about 3 to 4 minutes per side, or until desired doneness is reached. Do not overcook or the burgers will be dry.
- Top each burger with mozzarella cheese during the last 2 to 3 minutes of cooking.

- Lightly toast the cut sides of your buns either on the grill or under the oven broiler.
- Spread some of the feta dressing on the bottom half of each bun, top with a burger patty, romaine lettuce, sliced tomato, red onion, banana pepper rings, and sliced cucumber.
- Spread some feta dressing on the top halves of the buns and cover the burgers.
- Grab lots of napkins! If you've done it right you'll need them! Enjoy – and maybe even go back for seconds! (Yes – it's that good!)

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:15.48, Inflammation Score:-10, Nutrition Score:46.257826380108%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 1258.26kcal (62.91%), Fat: 102.35g (157.47%), Saturated Fat: 34.78g (217.39%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 31.51g (11.46%), Sugar: 11.1g (12.33%), Cholesterol: 212.27mg (70.76%), Sodium: 1714.54mg (74.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.21g (94.42%), Vitamin K: 213.62µg (203.45%), Vitamin A: 9488.36IU (189.77%), Vitamin B12: 5.27µg (87.8%), Selenium: 58.19µg (83.12%), Vitamin B3: 13.73mg (68.67%), Phosphorus: 626.38mg (62.64%), Folate: 234.53µg (58.63%), Vitamin B2: 0.98mg (57.38%), Zinc: 8.58mg (57.2%), Calcium: 480.4mg (48.04%), Vitamin B1: 0.64mg (42.44%), Manganese: 0.8mg (39.89%), Iron: 6.55mg (36.38%), Vitamin C: 29.87mg (36.2%), Potassium: 1225.65mg (35.02%), Vitamin B6: 0.64mg (31.83%), Magnesium: 102.85mg (25.71%), Vitamin E: 3.81mg (25.41%), Fiber: 5.73g (22.94%), Copper: 0.42mg (21.22%), Vitamin B5: 2mg (20.02%), Vitamin D: 0.51µg (3.39%)