



Kaftah Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 curly kale leaves
- ☐ 16 slices dill pickle
- ☐ 0.5 cup breadcrumbs dry
- ☐ 2 large egg whites lightly beaten
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.8 cup flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground allspice

- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.3 pounds ground round
- ☐ 0.8 pound lamb lean
- ☐ 8 teaspoons mustard prepared
- ☐ 1 cup onion finely chopped
- ☐ 8 servings try build-a-meal
- ☐ 1.3 teaspoons salt
- ☐ 2 ounce onion sandwich buns
- ☐ 0.3 inch tomatoes

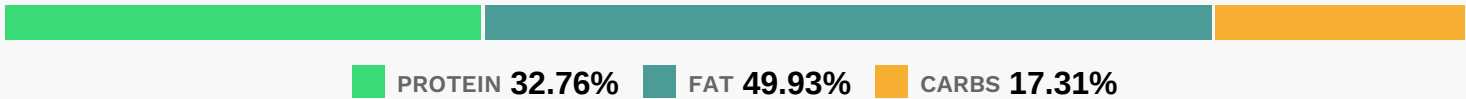
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 12 ingredients in a large bowl. Divide mixture evenly into 8 portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Place buns, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Spread 1 teaspoon mustard on each bun top.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 2 pickle slices, 1 lettuce leaf, 1 tomato slice, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:17.738260900197%

Flavonoids

Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 308.96kcal (15.45%), Fat: 17.04g (26.21%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 11.36g (4.13%), Sugar: 1.75g (1.95%), Cholesterol: 77.11mg (25.7%), Sodium: 625.29mg (27.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Vitamin K: 115.28µg (109.79%), Vitamin A: 1629.01IU (32.58%), Selenium: 20.63µg (29.48%), Vitamin B12: 1.6µg (26.62%), Zinc: 3.83mg (25.55%), Vitamin B3: 4.64mg (23.19%), Iron: 3.78mg (21.01%), Phosphorus: 181.52mg (18.15%), Vitamin B6: 0.34mg (17.24%), Manganese: 0.32mg (15.81%), Vitamin B2: 0.23mg (13.73%), Vitamin C: 11.26mg (13.65%), Vitamin B1: 0.17mg (11.59%), Potassium: 391.62mg (11.19%), Folate: 37.82µg (9.45%), Magnesium: 35.05mg (8.76%), Fiber: 1.93g (7.7%), Calcium: 64.96mg (6.5%), Copper: 0.13mg (6.4%), Vitamin B5: 0.62mg (6.16%), Vitamin E: 0.41mg (2.75%)