



Lamb and Turkey Pita Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 8 ounces ground turkey breast
- ☐ 8 ounces lamb lean
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 12 small lettuce leaves green

- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup prechopped onion
- ☐ 6 4-inch pitas whole-wheat halved ()
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato paste

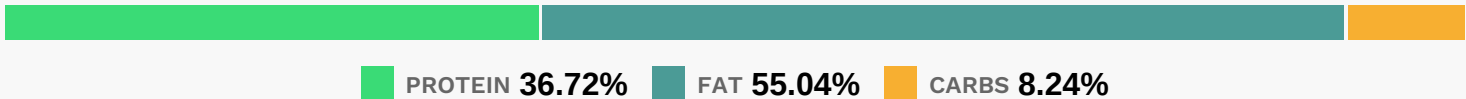
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare sauce, combine first 4 ingredients; cover and chill.
- ☐ To prepare burgers, combine onion and next 6 ingredients (through turkey) in a large bowl. Divide mixture into 8 equal portions, shaping each into a 1/3-inch-thick oval patty.
- ☐ Heat a large grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 5 minutes on each side or until well-marked and done. Arrange 1 lettuce leaf, 1 patty, and about 1 1/2 teaspoons sauce in each pita half.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:13.653913166212%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg

3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 260.92kcal (13.05%), Fat: 16.12g (24.79%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.41g (1.6%), Sugar: 1.82g (2.03%), Cholesterol: 74.81mg (24.94%), Sodium: 386.19mg (16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.38%), Vitamin A: 3334.3IU (66.69%), Vitamin K: 62.9µg (59.91%), Vitamin B3: 5.86mg (29.28%), Vitamin B6: 0.55mg (27.51%), Selenium: 13.47µg (19.24%), Phosphorus: 152.25mg (15.22%), Iron: 1.9mg (10.55%), Manganese: 0.18mg (9.16%), Potassium: 320.15mg (9.15%), Vitamin C: 6.65mg (8.06%), Zinc: 1.15mg (7.69%), Magnesium: 26.33mg (6.58%), Vitamin B2: 0.11mg (6.24%), Folate: 24.96µg (6.24%), Vitamin B5: 0.59mg (5.93%), Vitamin B1: 0.08mg (5.29%), Vitamin B12: 0.29µg (4.82%), Vitamin E: 0.64mg (4.29%), Fiber: 1.01g (4.05%), Copper: 0.07mg (3.58%), Calcium: 30.53mg (3.05%), Vitamin D: 0.23µg (1.51%)