

Lamb Burger

READY IN



35 min.

SERVINGS



4

CALORIES



1171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 brioche buns
- ☐ 3 tablespoons butter softened
- ☐ 0.3 cup cucumber diced peeled
- ☐ 4 slices feta
- ☐ 1 tablespoon grapeseed oil
- ☐ 1 pound ground beef
- ☐ 1 pound lamb
- ☐ 1 pinch ground pepper white
- ☐ 2 tablespoons onion red minced

- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons tomatoes diced excluding skin
- ☐ 4 servings lettuce and tomato for burger

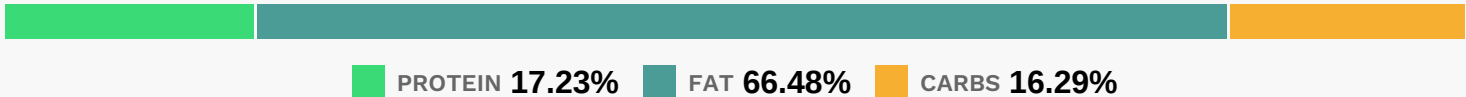
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ For the burgers: In a bowl, blend the beef and lamb.
- ☐ Sprinkle with salt and pepper, and then remove from the bowl and form 4 patties, 8 ounces each.
- ☐ Next, to cook the burgers, warm a large pan with the oil over high heat until the verge of smoking. Then reduce the heat to medium and add the burgers. Cook on the first side for 5 minutes, and then flip and repeat the process on the second side. During the second side of cooking, top with the feta cheese and finish for final time.
- ☐ For the sauce: During the burger cooking, in a bowl blend and whisk together the sour cream, cucumbers, onions, tomatoes, salt and pepper. Taste and add any additional seasoning if desired.
- ☐ Warm a second pan over medium heat.
- ☐ Spread the butter on the interior of the buns, and then place in the warmed pan, browning until crusted, 2 to 3 minutes.
- ☐ Once cooked, remove and build the burgers with lettuce, tomato, burger, and top with sauce and enjoy.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:29.753913257433%

Flavonoids

Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 1171.1kcal (58.56%), Fat: 86.67g (133.33%), Saturated Fat: 39.92g (249.5%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 45.37g (16.5%), Sugar: 6.24g (6.94%), Cholesterol: 347.36mg (115.79%), Sodium: 1205.72mg (52.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.53g (101.05%), Vitamin B12: 5.14µg (85.69%), Vitamin B3: 12.72mg (63.58%), Zinc: 9.08mg (60.56%), Selenium: 39.69µg (56.7%), Vitamin A: 2733.23IU (54.66%), Phosphorus: 433.36mg (43.34%), Vitamin B6: 0.69mg (34.53%), Vitamin C: 26.58mg (32.22%), Potassium: 1061.21mg (30.32%), Iron: 5.38mg (29.9%), Vitamin B2: 0.51mg (29.74%), Vitamin K: 22.89µg (21.8%), Vitamin E: 3.07mg (20.47%), Magnesium: 68.71mg (17.18%), Vitamin B1: 0.26mg (17.04%), Vitamin B5: 1.62mg (16.18%), Copper: 0.31mg (15.49%), Folate: 60.95µg (15.24%), Calcium: 145mg (14.5%), Manganese: 0.28mg (13.94%), Fiber: 2.43g (9.72%), Vitamin D: 0.23µg (1.54%)