



## Lamb Burgers

 Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings pepper black freshly ground
- 1 tablespoon rosemary leaves fresh chopped
- 1.5 pounds lamb
- 6 servings pea and mint relish
- 2 tablespoons olive oil
- 0.3 cup roasted piquillo red chopped (see Notes)
- 1.3 teaspoons salt
- 1 wide such as a bâtard

## Equipment

- bowl
- paper towels
- grill
- pastry brush

## Directions

- In a large bowl, mix lamb, rosemary, roasted peppers, salt, and pepper to taste. Form into 6 burgers about 3/4 in. thick. Put on a plate, cover, and refrigerate 2 hours.
- Cut 12 slices, each about 1/2 in. thick, from bread and save the rest for another use. Lightly brush slices all over with olive oil.
- With a silicone brush or oiled paper towels, lightly oil a charcoal grill over a solid bed of hot coals or a gas grill on high heat (you can hold your hand 1 to 2 in. above cooking grate only 2 to 3 seconds). Lightly toast bread on grill, turning once, and transfer to a platter.
- Lay burgers on grill; close lid on gas grill. Cook burgers, turning once, until they're done the way you like, about 6 minutes for medium-rare. Set each burger on a slice of grilled bread. Top with pea relish, then remaining bread.

## Nutrition Facts

 **PROTEIN 21.01%**  **FAT 78.13%**  **CARBS 0.86%**

## Properties

Glycemic Index:18, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:11.52173915635%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 364.68kcal (18.23%), Fat: 31.27g (48.11%), Saturated Fat: 12.22g (76.36%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.26g (0.29%), Cholesterol: 82.92mg (27.64%), Sodium: 552.17mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.85%), Vitamin B12: 2.62µg (43.67%), Vitamin B3: 6.84mg (34.22%), Selenium: 21.46µg (30.66%), Zinc: 3.9mg (26.01%), Phosphorus: 181.16mg (18.12%), Vitamin B2: 0.25mg (14.52%), Iron: 1.9mg (10.56%), Vitamin C: 8.34mg (10.11%), Vitamin B1: 0.13mg (8.63%), Vitamin B6: 0.17mg (8.43%), Potassium: 274.64mg (7.85%), Vitamin B5: 0.77mg (7.66%), Vitamin K: 7.36µg (7.01%), Vitamin E: 1mg (6.66%), Magnesium: 25.94mg (6.49%), Folate: 24.84µg (6.21%), Copper: 0.12mg (6.1%), Vitamin A: 247.26IU (4.95%), Manganese: 0.06mg (2.94%), Calcium: 22.91mg (2.29%), Fiber: 0.29g (1.15%)