



Lamb Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings toppings: bibb lettuce red sliced
- ☐ 0.5 cup cucumber grated
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1 teaspoon mint leaves fresh finely chopped
- ☐ 3 garlic cloves divided pressed
- ☐ 1 cup greek yogurt fat-free
- ☐ 2 pounds lamb
- ☐ 4 hamburger buns
- ☐ 1 tablespoon oregano fresh finely chopped

- ☐ 0.3 cup onion red minced
- ☐ 1.8 teaspoons salt divided
- ☐ 1 tablespoon grain mustard whole

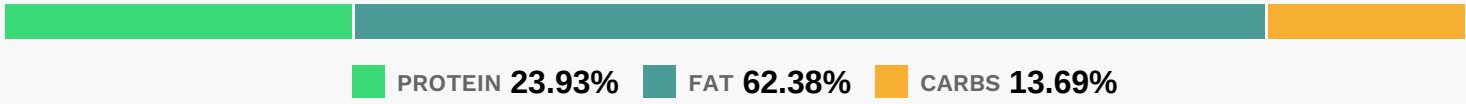
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Stir together first 3 ingredients, 1 pressed garlic clove, and 1/2 tsp. salt. Cover and chill until ready to serve.
- ☐ Gently combine lamb, next 4 ingredients, and remaining 2 pressed garlic cloves and 1 1/4 tsp. salt. Shape mixture into 6 (4-inch) patties.
- ☐ Grill patties, covered with grill lid, 5 to 6 minutes on each side or to desired degree of doneness.
- ☐ Serve burgers on buns with yogurt sauce and desired toppings.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:8.9, Inflammation Score:-7, Nutrition Score:19.981304386388%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 539.66kcal (26.98%), Fat: 36.87g (56.72%), Saturated Fat: 15.72g (98.28%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 16.71g (6.08%), Sugar: 3.88g (4.31%), Cholesterol: 112.04mg (37.35%), Sodium: 1063.24mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.65%), Vitamin B12: 3.78µg (63.06%),

Selenium: 40.67µg (58.1%), Vitamin B3: 10.4mg (52.01%), Zinc: 5.67mg (37.77%), Phosphorus: 325.78mg (32.58%),
Vitamin B2: 0.52mg (30.68%), Vitamin B1: 0.35mg (23.54%), Iron: 3.89mg (21.64%), Folate: 64.79µg (16.2%),
Manganese: 0.31mg (15.73%), Vitamin K: 15.24µg (14.51%), Vitamin B6: 0.29mg (14.29%), Potassium: 489.29mg
(13.98%), Calcium: 135.73mg (13.57%), Magnesium: 50.34mg (12.59%), Vitamin B5: 1.17mg (11.65%), Copper: 0.22mg
(11.1%), Fiber: 1.49g (5.97%), Vitamin E: 0.57mg (3.78%), Vitamin C: 2.61mg (3.17%), Vitamin A: 131.8IU (2.64%),
Vitamin D: 0.15µg (1.01%)