



Lamb Burgers with Caramelized Red Onions, Mayoli and Feta

READY IN



105 min.

SERVINGS



6

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 6 tablespoons butter softened
- 1 tablespoon basil dried
- 3 ounces feta cheese divided
- 1 teaspoon sea salt
- 2 teaspoons sea salt
- 1 rack untrimmed lamb diced
- 0.5 cup mayonnaise

- 2 tablespoons olive oil
- 4 tablespoons olive oil divided
- 12 small pitas split soft
- 2 teaspoons salt

Equipment

- food processor
- bowl
- frying pan
- whisk
- aluminum foil

Directions

- For the onions: In a saute pan over medium heat, add the butter and olive oil. When the butter starts to foam, add the onions, salt and sugar. Cook until the onions break down and are caramel in color, 25 to 30 minutes.
- While the onions cook, start the "Mayoli": In a bowl, whisk together the mayonnaise, olive oil, dried basil and granulated garlic. Refrigerate 30 minutes.
- Combine the lamb loin, granulated garlic, salt and pepper in a food processor and chop until completely ground. Divide the meat into 6 balls and then form into patties. In a saute pan over medium-high heat, add 2 tablespoons of the olive oil and cook 3 of the burgers, about 3 minutes per side.
- Remove and keep warm on a plate under foil.
- Add the remaining 2 tablespoons olive oil and cook the remaining 3 burgers, about 3 minutes per side.
- Butter the pita or rolls and toast in a skillet until golden brown, about 2 minutes. To serve, spread 1 pita with "Mayoli", top with a lamb burger, some onions and 1/2 ounce of the feta. Close the burger with another pita. Continue until all 6 burgers are built.

Nutrition Facts



■ PROTEIN 7.36% ■ FAT 55.93% ■ CARBS 36.71%

Properties

Glycemic Index:44.33, Glycemic Load:58.42, Inflammation Score:-4, Nutrition Score:12.693043404218%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 704.46kcal (35.22%), Fat: 43.8g (67.38%), Saturated Fat: 13.42g (83.89%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 61.74g (22.45%), Sugar: 0.16g (0.18%), Cholesterol: 50.68mg (16.89%), Sodium: 1747.48mg (75.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.93%), Vitamin K: 52.08µg (49.6%), Manganese: 0.67mg (33.43%), Vitamin B1: 0.33mg (22.07%), Vitamin E: 3.06mg (20.43%), Calcium: 189.3mg (18.93%), Phosphorus: 172.51mg (17.25%), Vitamin B2: 0.25mg (14.57%), Iron: 2.51mg (13.92%), Vitamin B3: 2.6mg (13.02%), Fiber: 2.93g (11.74%), Copper: 0.22mg (11.17%), Zinc: 1.49mg (9.96%), Magnesium: 38.8mg (9.7%), Folate: 35.63µg (8.91%), Vitamin A: 428.59IU (8.57%), Vitamin B6: 0.14mg (6.75%), Vitamin B5: 0.65mg (6.52%), Potassium: 190.81mg (5.45%), Vitamin B12: 0.29µg (4.83%), Selenium: 3.12µg (4.46%)