



Lamb Burgers with Cilantro Raita

READY IN



26 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound ground beef 90% lean
- ☐ 1 cup baby spinach
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cucumber dry english grated
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 6 ounces lamb

- ☐ 6 ounce hamburger buns toasted
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 4 slices onion red thin
- ☐ 1.5 teaspoons serrano chile minced seeded

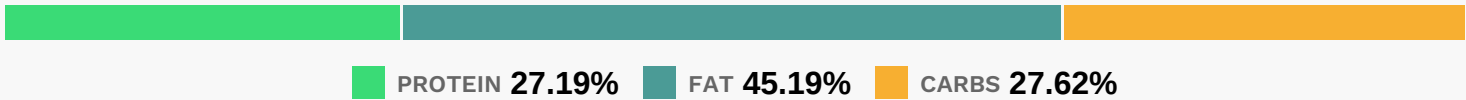
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 7 ingredients in a small bowl; stir well.
- ☐ Gently combine beef and lamb, being careful not to overwork. Divide the mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and pepper.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add oil to pan, and swirl to coat.
- ☐ Add patties; cook for 3 minutes on each side or until desired degree of doneness.
- ☐ Place 1/4 cup spinach, 1 onion slice, and 1 patty on bottom half of each hamburger bun. Top each patty with 2 tablespoons raita and top half of bun.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:13.14, Inflammation Score:-7, Nutrition Score:18.908260809339%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 372.72kcal (18.64%), Fat: 18.46g (28.39%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 23.86g (8.68%), Sugar: 4.93g (5.48%), Cholesterol: 68.73mg (22.91%), Sodium: 504.5mg (21.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.98g (49.96%), Vitamin K: 47.57µg (45.31%), Selenium: 30.99µg (44.28%), Vitamin B12: 2.44µg (40.62%), Vitamin B3: 7.37mg (36.85%), Zinc: 4.73mg (31.53%), Phosphorus: 255.95mg (25.59%), Vitamin B2: 0.39mg (22.72%), Vitamin B1: 0.33mg (22.04%), Iron: 3.84mg (21.31%), Manganese: 0.4mg (20.15%), Folate: 73.72µg (18.43%), Vitamin B6: 0.36mg (18.17%), Vitamin A: 811.31IU (16.23%), Potassium: 483.02mg (13.8%), Calcium: 114.95mg (11.5%), Magnesium: 45.57mg (11.39%), Copper: 0.17mg (8.6%), Vitamin B5: 0.8mg (8%), Vitamin C: 5.74mg (6.96%), Fiber: 1.52g (6.07%), Vitamin E: 0.7mg (4.68%)