



Lamb Burgers with Fennel Salad

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 cups fennel bulb thinly sliced (1 [8-ounce] bulb)
- ☐ 2 ounces feta cheese with basil and garlic crumbled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 pound ground turkey breast
- ☐ 1 tablespoon honey
- ☐ 1 pound lamb lean

- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup pimiento–stuffed olives chopped
- ☐ 4 6–inch pitas cut in half ()
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons greek seasoning (such as McCormick)
- ☐ 0.5 cup cup heavy whipping cream fat–free sour

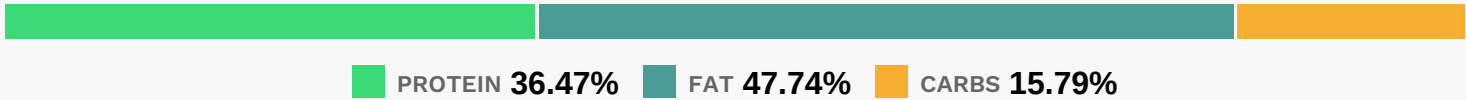
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ To prepare salad, combine first 10 ingredients (fennel through garlic).
- ☐ To prepare burgers, combine cheese and next 5 ingredients (cheese through turkey) in a large bowl. Divide mixture into 8 equal portions, shaping each into a 1/2–inch–thick patty.
- ☐ Place patties on a grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until done.
- ☐ Cut patties in half.
- ☐ Place 2 patty halves and 1/4 cup salad in each pita half.

Nutrition Facts



Properties

Glycemic Index:39.41, Glycemic Load:2.07, Inflammation Score:–3, Nutrition Score:12.673043365064%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg 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: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 282.03kcal (14.1%), Fat: 15.28g (23.5%), Saturated Fat: 7.03g (43.97%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 8.68g (3.16%), Sugar: 4.66g (5.18%), Cholesterol: 80.48mg (26.83%), Sodium: 339.64mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.51%), Vitamin K: 36.99µg (35.23%), Vitamin B3: 5.97mg (29.86%), Vitamin B6: 0.59mg (29.58%), Selenium: 15.37µg (21.96%), Phosphorus: 210.52mg (21.05%), Calcium: 168.85mg (16.89%), Iron: 2.95mg (16.37%), Manganese: 0.27mg (13.61%), Vitamin B2: 0.21mg (12.4%), Potassium: 387.57mg (11.07%), Fiber: 2.69g (10.76%), Zinc: 1.61mg (10.71%), Magnesium: 38.28mg (9.57%), Vitamin B12: 0.55µg (9.09%), Vitamin B5: 0.77mg (7.71%), Folate: 27.65µg (6.91%), Vitamin E: 1.02mg (6.79%), Vitamin C: 4.7mg (5.69%), Vitamin B1: 0.07mg (4.98%), Vitamin A: 244.37IU (4.89%), Copper: 0.09mg (4.66%), Vitamin D: 0.26µg (1.7%)