



Lamb Burgers with Feta-Cucumber Raita

READY IN



28 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bibb lettuce leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup bulgur
- ☐ 0.5 teaspoon curry powder
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 6 servings feta-cucumber raita
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 pound lamb lean
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 12 ounce onion sandwich buns
- ☐ 2 tablespoons sun-dried tomato packed chopped

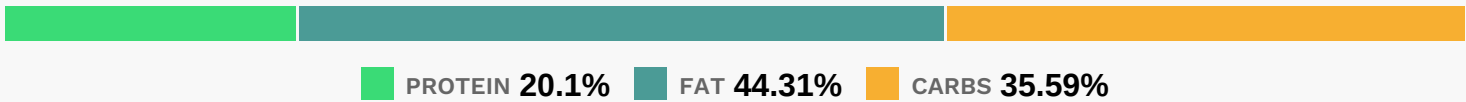
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare raita.
- ☐ Combine bulgur, tomato, and lemon juice in a small bowl.
- ☐ Bring broth to a boil and pour over bulgur mixture.
- ☐ Let stand 30 minutes or until liquid is absorbed.
- ☐ Preheat broiler.
- ☐ Combine bulgur mixture, lamb, and next 6 ingredients in a medium bowl. Divide lamb mixture evenly into 6 (1/2-inchthick) patties.
- ☐ Place patties on a broiler pan coated with cooking spray; broil 4 to 5 minutes on each side or until desired degree of doneness.
- ☐ Top bottom half of each bun with a lettuce leaf; add burgers. Spoon Feta- Cucumber Raita evenly over burgers; top with remaining half of bun.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:4.85, Inflammation Score:-6, Nutrition Score:16.144347773946%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 502.85kcal (25.14%), Fat: 24.94g (38.38%), Saturated Fat: 11.89g (74.34%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 40.39g (14.69%), Sugar: 2.02g (2.25%), Cholesterol: 81.89mg (27.3%), Sodium: 1217.94mg (52.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Manganese: 0.86mg (42.88%), Selenium: 28.02µg (40.03%), Vitamin B2: 0.49mg (28.69%), Vitamin B1: 0.38mg (25.13%), Calcium: 227.36mg (22.74%), Iron: 4.02mg (22.36%), Phosphorus: 221.58mg (22.16%), Folate: 81.35µg (20.34%), Vitamin B3: 3.88mg (19.41%), Fiber: 4.69g (18.74%), Vitamin K: 17.59µg (16.75%), Magnesium: 53.47mg (13.37%), Vitamin A: 643.16IU (12.86%), Vitamin B6: 0.24mg (11.97%), Zinc: 1.79mg (11.96%), Copper: 0.19mg (9.66%), Vitamin B12: 0.56µg (9.4%), Vitamin B5: 0.79mg (7.9%), Potassium: 259.76mg (7.42%), Vitamin C: 3.48mg (4.22%), Vitamin E: 0.38mg (2.53%)