



Lamb Burgers with Feta Tzatziki Spread

READY IN



105 min.

SERVINGS



4

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach for garnish
- ☐ 1 beefsteak tomatoes sliced for garnish
- ☐ 1 pinch pepper red crushed
- ☐ 0.5 cucumber english grated
- ☐ 0.5 cup feta crumbled
- ☐ 0.5 bunch optional: dill fresh finely chopped
- ☐ 1 small bunch optional: dill fresh finely chopped
- ☐ 0.5 bunch mint leaves fresh finely chopped
- ☐ 2 sprigs mint leaves fresh cut into chiffonade

- ☐ 2 cloves garlic smashed finely
- ☐ 2 cloves garlic smashed finely chopped
- ☐ 1.5 pounds lamb
- ☐ 4 servings kosher salt
- ☐ 1 of lemon zest
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 sprigs oregano fresh finely chopped
- ☐ 2 cups greek yogurt plain
- ☐ 2 onions red sliced cut into 1/4-inch dice and 1, for garnish
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 4 hamburger buns whole wheat seeded

Equipment

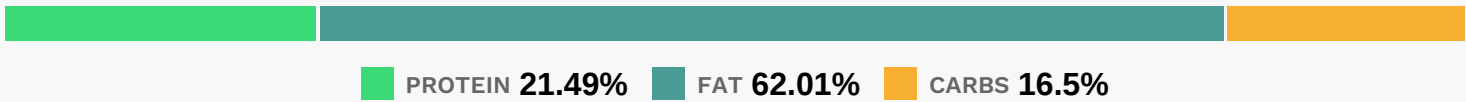
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Coat a large saute pan with olive oil, toss in the diced onions and season with salt and crushed red pepper. Bring the pan to medium-high heat and cook the onions for 3 to 4 minutes.
- ☐ Add the garlic and cook for 2 to 4 more minutes. Turn the heat off and let cool.
- ☐ In a large bowl, combine the lamb, the cooled onion mixture, the oregano, dill, mint, lemon zest and 1/2 to 3/4 cup water.
- ☐ Sprinkle with salt and combine well. Make a little "tester patty." Cook it and taste for seasoning.
- ☐ Preheat the grill.
- ☐ Form the lamb mixture into 4 equal patties and sprinkle with salt. Grill the burgers to your desired doneness, 4 to 5 minutes per side for medium-rare.
- ☐ Remove the burgers from the grill and let rest for 3 to 4 minutes.

- ☐ Cut the pitas in half. Schmear each half generously with the Feta
- ☐ Tzatziki
- ☐ Spread. Top one half with a burger, then tomatoes, sliced onions and spinach.
- ☐ Place the other pita half on top.
- ☐ Combine the yogurt, feta, vinegar, garlic, mint, dill and cucumbers.Season with salt.
- ☐ Let sit for at least 1 hour at room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:41.012173398681%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg

Nutrients (% of daily need)

Calories: 887.73kcal (44.39%), Fat: 61.32g (94.34%), Saturated Fat: 22.58g (141.15%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 31.91g (11.6%), Sugar: 11.42g (12.69%), Cholesterol: 145.86mg (48.62%), Sodium: 771.35mg (33.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.82g (95.63%), Vitamin K: 108.11µg (102.97%), Selenium: 60.02µg (85.74%), Vitamin B12: 4.95µg (82.51%), Vitamin B3: 13.35mg (66.77%), Vitamin B2: 1.02mg (60.03%), Phosphorus: 581.29mg (58.13%), Zinc: 7.81mg (52.1%), Manganese: 0.95mg (47.73%), Vitamin A: 2334.44IU (46.69%), Folate: 152.69µg (38.17%), Vitamin B1: 0.53mg (35.6%), Calcium: 340.92mg (34.09%), Iron: 6.06mg (33.67%), Vitamin B6: 0.63mg (31.74%), Potassium: 1058.43mg (30.24%), Vitamin C: 22.92mg (27.78%), Magnesium: 106.34mg (26.59%), Vitamin E: 3.41mg (22.75%), Vitamin B5: 2.12mg (21.22%), Copper: 0.42mg (20.93%), Fiber: 4.79g (19.17%), Vitamin D: 0.25µg (1.63%)