Lamb Burgers with Garlic Yogurt Sauce and Pita

READY IN	SERVINGS	CALORIES
35 min.	4	826 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 teaspoons allspice
- [ ] 1 handful bread crumbs plain
- [ ] 1 eggs lightly beaten
- [ ] 1 large clove garlic peeled
- [ ] 1 cup greek yogurt
- [ ] 0.5 teaspoon ground cinnamon
- [ ] 1.5 teaspoons ground cumin
- [ ] 1.5 pounds lamb

- [ ] 0.3 cup mint leaves minced
- [ ] 1 tablespoon olive oil extra-virgin
- [ ] 4 large pitas soft
- [ ] 0.5 small cabbage shredded red
- [ ] 1 small chile pepper red minced seeded
- [ ] 0.5 onion red peeled sliced
- [ ] 4 servings salt and pepper black freshly ground
- [ ] 1 medium onion yellow peeled

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] grill
- [ ] grater
- [ ] box grater
- [ ] zester

Directions

- [ ] Put the lamb in bowl. Using a box grater, grate the onion over the bowl so that the pulp of the onion and juices fall into the meat.
- [ ] Add the spices, chile pepper, egg, bread crumbs, salt and pepper, to taste, and mix to combine. Form the meat mixture into 4 patties, thinner at the middle and thicker at the edges for even cooking.
- [ ] Heat a large skillet over medium-high heat and coat with oil, or coat the burgers in oil and grill on outdoor grill. Cook the patties about 10 minutes, turning once.
- [ ] While the patties cook, add the yogurt to a small bowl. Grate the garlic into the yogurt using a fine grater or zester.
- [ ] Add the mint and stir to combine.
- [ ] Char the pitas over an open gas burner or outdoor grill.

- [ ] Eat the burgers in or on the pita bread topped with garlic-mint yogurt, sliced red onion, and some shredded cabbage.

Nutrition Facts

PROTEIN **21.43%** FAT **50.92%** CARBS **27.65%**

Properties

Glycemic Index:78.75, Glycemic Load:33.69, Inflammation Score:-9, Nutrition Score:33.888695509537%

Flavonoids

Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 826.22kcal (41.31%), Fat: 46.44g (71.44%), Saturated Fat: 18.55g (115.92%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 51.86g (18.86%), Sugar: 7.6g (8.45%), Cholesterol: 167.59mg (55.86%), Sodium: 578.96mg (25.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.96%), Vitamin C: 61.01mg (73.95%), Vitamin B12: 4.42µg (73.74%), Vitamin B3: 13.02mg (65.11%), Selenium: 44.57µg (63.67%), Zinc: 7.25mg (48.33%), Phosphorus: 483.2mg (48.32%), Vitamin B2: 0.74mg (43.63%), Manganese: 0.84mg (42.04%), Vitamin B1: 0.57mg (38.32%), Vitamin K: 38.26µg (36.44%), Iron: 5.86mg (32.58%), Vitamin B6: 0.58mg (29.05%), Potassium: 870.51mg (24.87%), Folate: 94.83µg (23.71%), Calcium: 229.6mg (22.96%), Magnesium: 88.18mg (22.04%), Vitamin A: 1093.34IU (21.87%), Fiber: 4.87g (19.49%), Vitamin B5: 1.95mg (19.46%), Copper: 0.39mg (19.45%), Vitamin E: 1.17mg (7.81%), Vitamin D: 0.39µg (2.6%)