



Lamb Burgers with Greek Salad

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon allspice
- 0.3 cup olives black pitted halved
- 15 oz chickpeas rinsed drained canned
- 1 cup cherry tomatoes halved
- 1 small cucumber peeled thinly sliced
- 2 oz feta crumbled
- 1 teaspoon garlic powder
- 0.8 pound lamb

- 3 tablespoons juice of lemon
- 8 cups salad greens mixed
- 0.3 cup olive oil
- 0.5 small onion red thinly sliced
- 1 teaspoon salt

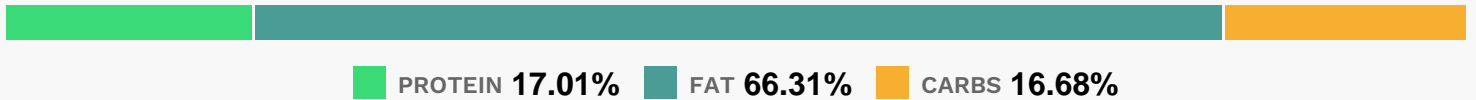
Equipment

- bowl
- whisk
- grill
- kitchen thermometer

Directions

- Preheat gas grill to medium-high. In a small bowl, whisk together olive oil, lemon juice, 1/2 tsp. salt and 1/2 tsp. garlic powder.
- Combine lamb, allspice and remaining garlic powder and salt in a medium bowl and mix to incorporate. Form into 8 1/2-inch-thick patties. Grill patties, turning once, until an instant-read thermometer reads 160F, 5 to 7 minutes total.
- Place chickpeas, greens, cherry tomatoes, cucumber, red onion, olives and feta, if desired, in a large bowl. Toss with dressing. Divide among 4 dinner plates. Top each portion with 2 lamb patties.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:4.44, Inflammation Score:-8, Nutrition Score:23.633043473182%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg,

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Nutrients (% of daily need)

Calories: 541.47kcal (27.07%), Fat: 40.46g (62.25%), Saturated Fat: 12.89g (80.58%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 16.96g (6.17%), Sugar: 2.42g (2.69%), Cholesterol: 74.7mg (24.9%), Sodium: 1291.3mg (56.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Manganese: 1.11mg (55.25%), Vitamin B6: 0.82mg (41.24%), Vitamin C: 33.83mg (41%), Vitamin B12: 2.2µg (36.74%), Phosphorus: 324.78mg (32.48%), Vitamin B3: 6.06mg (30.3%), Selenium: 21.15µg (30.22%), Zinc: 4.39mg (29.25%), Vitamin A: 1240.66IU (24.81%), Fiber: 5.93g (23.74%), Folate: 91.97µg (22.99%), Vitamin B2: 0.38mg (22.33%), Iron: 3.78mg (21.01%), Potassium: 669.45mg (19.13%), Vitamin E: 2.81mg (18.76%), Copper: 0.37mg (18.73%), Magnesium: 70.11mg (17.53%), Calcium: 151.91mg (15.19%), Vitamin K: 15.55µg (14.81%), Vitamin B1: 0.21mg (14.25%), Vitamin B5: 1.29mg (12.86%)