



Lamb Burgers with Red-and Green-Tomato Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 1 large garlic clove minced
- ☐ 1 small tomatoes green seeded finely chopped (unripe)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 lb lamb lean

- ☐ 2 tablespoons maple syrup pure
- ☐ 1 plum tomatoes seeded finely chopped
- ☐ 0.1 teaspoon pepper flakes dried red hot to taste

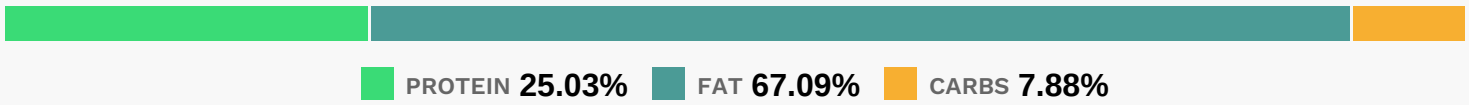
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill for cooking.
- ☐ Boil vinegar, syrup, garlic, ginger, cumin, and red pepper flakes in a small saucepan until thickened and reduced to about 2 tablespoons, 2 to 3 minutes (watch carefully).
- ☐ Remove from heat and stir in tomatoes and salt to taste. Stir in cilantro just before serving.
- ☐ Form lamb into 4 (3/4-inch-thick) patties and season with salt and pepper. Grill on a lightly oiled rack set 5 to 6 inches over glowing coals about 4 minutes on each side for medium-rare.
- ☐ Serve burgers with chutney.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:3.7621739066165%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 475.58kcal (23.78%), Fat: 35.39g (54.44%), Saturated Fat: 16.9g (105.65%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.81g (3.2%), Sugar: 7.42g (8.24%), Cholesterol: 124.17mg (41.39%), Sodium: 138.25mg (6.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.4%), Manganese: 0.33mg (16.72%), Iron: 2.8mg (15.56%), Vitamin C: 7.84mg (9.51%), Vitamin B2: 0.14mg (8.36%), Vitamin A: 310.44IU (6.21%), Vitamin K: 4.24µg (4.03%), Potassium: 133.55mg (3.82%), Calcium: 36.07mg (3.61%), Vitamin B6: 0.05mg (2.28%), Magnesium:

8.83mg (2.21%), Fiber: 0.54g (2.16%), Copper: 0.04mg (2.01%), Vitamin B1: 0.03mg (1.99%), Phosphorus: 14.56mg (1.46%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.25mg (1.27%), Folate: 4.75µg (1.19%)