



Lamb Burgers with Rosemary-Mint Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup yogurt plain fat-free
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 lb ground lamb lean
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon pepper

☐ 0.5 teaspoon salt

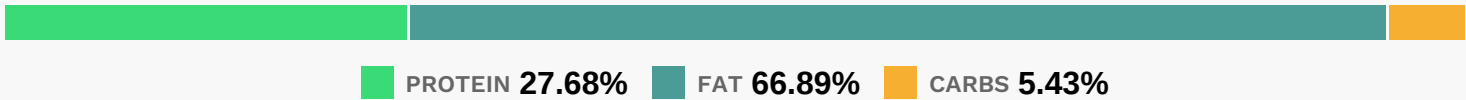
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, mix all sauce ingredients until well blended. Refrigerate until serving time.
- ☐ In large bowl, mix all burger ingredients until well blended. Shape mixture into 6 patties.
- ☐ Spray 12-inch skillet with cooking spray; heat over medium heat. Cook patties in skillet 5 minutes; turn. Cook 3 to 5 minutes longer or until no longer pink in center.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.24, Inflammation Score:0, Nutrition Score:2.8026086794941%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 318.24kcal (15.91%), Fat: 23.6g (36.31%), Saturated Fat: 11.31g (70.7%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.43g (3.81%), Cholesterol: 83.6mg (27.87%), Sodium: 313.8mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.94%), Iron: 1.8mg (9.98%), Calcium: 98.4mg (9.84%), Phosphorus: 69.13mg (6.91%), Vitamin B2: 0.1mg (5.95%), Vitamin B12: 0.25µg (4.15%), Potassium: 127.2mg (3.63%), Zinc: 0.44mg (2.9%), Vitamin B5: 0.28mg (2.8%), Manganese: 0.05mg (2.67%), Magnesium: 9.99mg (2.5%), Selenium: 1.65µg (2.36%), Vitamin B6: 0.04mg (2.19%), Folate: 7.17µg (1.79%), Vitamin C: 1.47mg (1.78%), Vitamin B1: 0.03mg (1.73%)