



Lamb Burgers with Sun-Dried Tomato Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula
- 0.5 teaspoon pepper black divided
- 2 garlic cloves divided minced
- 8 ounce multigrain hamburger buns
- 0.5 teaspoon kosher salt
- 1 pound lamb lean
- 0.3 cup canola mayonnaise
- 2 tablespoons pecorino romano cheese grated
- 10 sun-dried tomatoes packed

- 4 slices tomatoes (1/2-inch-thick)
- 1 cup water

Equipment

- food processor
- bowl
- frying pan
- microwave
- grill pan

Directions

- Place sun-dried tomatoes and 1 cup water in a microwave-safe bowl; microwave on HIGH 2 minutes.
- Let stand 3 minutes.
- Drain.
- Place sun-dried tomatoes, mayonnaise, 1/4 teaspoon pepper, and 1 garlic clove in a mini food processor; pulse 10 times or until tomatoes are finely chopped. Set aside.
- Combine remaining 1 garlic clove, 1/4 teaspoon pepper, cheese, salt, and lamb in a large bowl. Divide mixture into 4 portions, shaping into a 1/2-inch-thick patty.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add patties to pan; cook 4 minutes on each side or until done.
- Remove from pan; cover and keep warm.
- Arrange 4 bun halves, cut sides down, in pan over medium-high heat; cook 1 minute or until toasted. Repeat procedure with remaining bun halves.
- Spread about 1 tablespoon mayonnaise mixture on bottom half of each bun; top each with 1/2 cup arugula, 1 patty, 1 tomato slice, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:18.21, Inflammation Score:-5, Nutrition Score:12.452173949584%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 575.35kcal (28.77%), Fat: 37.13g (57.13%), Saturated Fat: 13.84g (86.51%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 31.22g (11.35%), Sugar: 7.04g (7.82%), Cholesterol: 91.26mg (30.42%), Sodium: 789.66mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.45%), Vitamin K: 41.21µg (39.25%), Manganese: 0.53mg (26.4%), Iron: 4.32mg (23.99%), Selenium: 16.64µg (23.77%), Vitamin B1: 0.35mg (23.62%), Folate: 71.41µg (17.85%), Vitamin B3: 3.03mg (15.14%), Calcium: 149.55mg (14.95%), Vitamin B2: 0.22mg (12.98%), Phosphorus: 111.38mg (11.14%), Vitamin A: 527.45IU (10.55%), Potassium: 355.91mg (10.17%), Vitamin C: 8.36mg (10.14%), Fiber: 2.21g (8.86%), Copper: 0.18mg (8.86%), Magnesium: 32.98mg (8.24%), Vitamin E: 0.81mg (5.41%), Vitamin B6: 0.1mg (5.19%), Zinc: 0.72mg (4.79%), Vitamin B12: 0.16µg (2.64%), Vitamin B5: 0.22mg (2.19%)