



Lamb burgers with tzatziki

READY IN



40 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g bulghar wheat
- ☐ 500 g extra-lean lamb mince
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground coriander
- ☐ 1 tsp paprika smoked
- ☐ 1 garlic clove crushed finely
- ☐ 4 servings oil for brushing
- ☐ 1 large burger buns red sliced
- ☐ 1 piece cm cucumber grated deseeded

- ☐ 200 g pot greek yogurt thick
- ☐ 2 tbsp mint leaves chopped plus a handful of leaves to serve

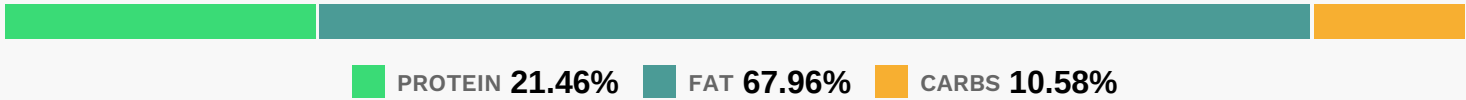
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Tip the bulghar into a pan, cover with water and boil for 10 mins.
- ☐ Drain really well in a sieve, pressing out any excess water.
- ☐ To make the tzatziki, squeeze and discard the juice from the cucumber, then mix into the yogurt with the chopped mint and a little salt.
- ☐ Work the bulghar into the lamb with the spices, garlic (if using) and seasoning, then shape into 4 burgers.
- ☐ Brush with a little oil and fry or barbecue for about 5 mins each side until cooked all the way through.
- ☐ Serve in the buns (toasted if you like) with the tzatziki, tomatoes, onion and a few mint leaves.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:5.47, Inflammation Score:-3, Nutrition Score:8.4665217503257%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 539.74kcal (26.99%), Fat: 41.09g (63.22%), Saturated Fat: 13.66g (85.4%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.52g (3.91%), Cholesterol: 93.75mg (31.25%), Sodium: 170.63mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.38%), Vitamin E: 2.67mg (17.8%), Iron: 3.03mg (16.85%), Vitamin K: 16.34µg (15.56%), Vitamin B2: 0.23mg (13.52%), Manganese: 0.26mg (12.75%), Selenium: 8.75µg (12.5%), Phosphorus: 123.93mg (12.39%), Calcium: 106.15mg (10.61%), Magnesium: 36.44mg (9.11%), Copper: 0.16mg (7.97%), Fiber: 1.84g (7.36%), Vitamin B1: 0.11mg (7.13%), Potassium: 247.97mg (7.08%), Vitamin A: 342.78IU (6.86%), Folate: 27.21µg (6.8%), Vitamin B12: 0.37µg (6.19%), Vitamin B6: 0.11mg (5.67%), Vitamin B3: 1.12mg (5.62%), Zinc: 0.71mg (4.7%), Vitamin B5: 0.44mg (4.42%), Vitamin C: 3.17mg (3.84%)