



Lamb Burgers With Tzatziki Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cucumber diced seeded
- 1 eggs
- 2 tablespoons olive oil extra virgin
- 0.3 cup flat parsley chopped
- 1 handful optional: dill fresh minced
- 12 Cloves garlic peeled cut in ha
- 1 pint greek yogurt
- 1 pound lamb
- 4 hawaiian rolls

- 2 juice of lemon
- 4 servings salt and pepper to taste

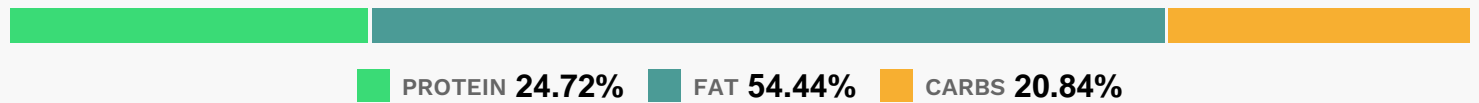
Equipment

- grill

Directions

- For the lamb burger, mix 1 pound ground lamb, 1 egg, 1 splash of extra virgin olive oil, the juice of 1 lemon, 1/4 cup chopped flat leaf parsley, and 6 cloves of chopped garlic. Season with kosher salt & pepper to taste and let sit for to 1 hour.Grill burgers to your liking.For the tzatziki sauce, mix together 1 pint Greek yogurt, 1 diced cucumber, juice of 1 lemon, 1 tablespoon extra virgin olive oil, 6 garlic cloves (add garlic bit by bit until you have the level of garlic you like), 1 handful minced fresh dill, and kosher salt and fresh cracked pepper to taste. Refrigerate overnight to let the flavors intensify.
- Serve the grilled burgers on toasted buns and add a dollop of the sauce on top.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:13.92, Inflammation Score:-6, Nutrition Score:27.562608695652%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 616.69kcal (30.83%), Fat: 36.95g (56.84%), Saturated Fat: 13.38g (83.65%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 30.16g (10.97%), Sugar: 8.57g (9.53%), Cholesterol: 129.62mg (43.21%), Sodium: 536.89mg (23.34%), Protein: 37.74g (75.48%), Vitamin K: 77.45µg (73.76%), Selenium: 49.48µg (70.68%), Vitamin B12: 3.63µg (60.52%), Vitamin B2: 0.78mg (46.11%), Vitamin B3: 8.97mg (44.86%), Phosphorus: 437.18mg (43.72%),

Zinc: 5.23mg (34.88%), Vitamin B1: 0.44mg (29.12%), Calcium: 251.11mg (25.11%), Manganese: 0.49mg (24.49%), Folate: 94.13µg (23.53%), Iron: 4.13mg (22.93%), Vitamin B6: 0.43mg (21.48%), Vitamin C: 16.77mg (20.33%), Potassium: 662.45mg (18.93%), Vitamin B5: 1.57mg (15.67%), Magnesium: 62.2mg (15.55%), Copper: 0.28mg (13.9%), Vitamin E: 1.56mg (10.39%), Vitamin A: 455.47IU (9.11%), Fiber: 1.66g (6.65%), Vitamin D: 0.33µg (2.22%)