



Lamb & feta burgers with minty yogurt

 Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 500 g lamb mince
- ☐ 2 tsp ground coriander
- ☐ 2 tsp cumin seeds
- ☐ 1 chilli red deseeded finely chopped
- ☐ 1 handful parsley chopped
- ☐ 2 rosemary sprigs chopped
- ☐ 1 tablespoon worcestershire sauce good
- ☐ 1 eggs with a fork lightly beaten

- ☐ 100 g feta cheese cut into 16 cubes
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 200 ml natural yogurt
- ☐ 1 small bunch mint leaves chopped

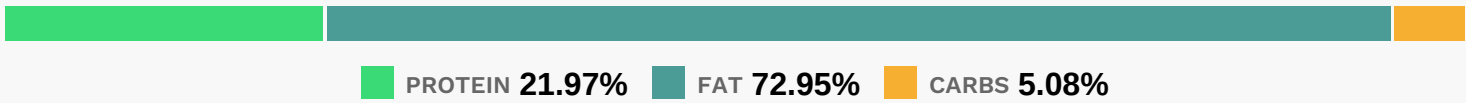
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ First make the dip by mixing together the yogurt and mint with a little seasoning, then chill until ready to serve.
- ☐ Tip the lamb mince into a big bowl with the spices, chilli, herbs, Worcestershire sauce and egg. Season, then get your hands in and mix well. Divide the mixture into 1
- ☐ Shape into burgers, pushing a cube of cheese into the centre of each and sealing in. Chill until just before your guests arrive.
- ☐ Heat oven to 200C/fan 180C/gas 6 and heat the oil in a frying pan. Fry the burgers for 1-2 mins until brown on each side, then transfer to a baking tray. Put in the oven for 5-10 mins until cooked through and piping hot. Pile onto a big plate and serve with the dip on the side.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:5.1795651549878%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 128.16kcal (6.41%), Fat: 10.33g (15.9%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.88g (0.97%), Cholesterol: 40.29mg (13.43%), Sodium: 114.36mg (4.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7g (14.01%), Vitamin B12: 0.9µg (15%), Selenium: 8.03µg (11.48%), Vitamin B3: 2mg (10.02%), Zinc: 1.4mg (9.31%), Phosphorus: 92.28mg (9.23%), Vitamin B2: 0.16mg (9.15%), Calcium: 59.7mg (5.97%), Vitamin C: 4.73mg (5.74%), Vitamin K: 5.84µg (5.56%), Iron: 0.91mg (5.04%), Vitamin B6: 0.09mg (4.6%), Vitamin B5: 0.36mg (3.64%), Vitamin B1: 0.05mg (3.62%), Potassium: 125.14mg (3.58%), Vitamin E: 0.5mg (3.34%), Magnesium: 12.47mg (3.12%), Folate: 11.29µg (2.82%), Copper: 0.05mg (2.41%), Vitamin A: 117.06IU (2.34%), Manganese: 0.03mg (1.54%)