



Lamb-Feta Burgers With Yogurt-Cucumber Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 0.3 cup peppercorn feta cheese crumbled
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 pound lamb lean
- ☐ 4 leaf lettuce leaves red
- ☐ 0.3 cup onion finely chopped
- ☐ 2 teaspoons oregano fresh chopped

- ☐ 0.3 teaspoon pepper
- ☐ 2 6-inch pita bread rounds cut in half ()
- ☐ 0.3 teaspoon salt
- ☐ 2 inch tomatoes
- ☐ 4 servings yogurt-cucumber sauce

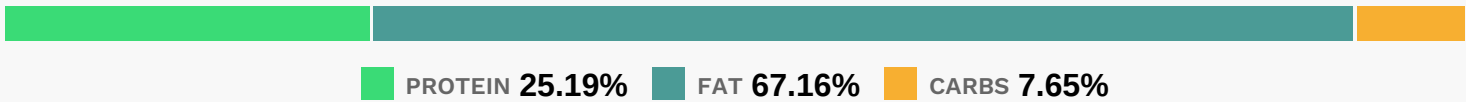
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine first 8 ingredients in a large bowl. Divide mixture into 8 equal portions, shaping into 1/4-inch-thick patties. Spoon 1 tablespoon feta cheese onto each of 4 patties (do not spread to edges); top with remaining patties, pressing edges to seal well.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place patties on grill rack, and grill, covered, 6 to 8 minutes on each side or until done.
- ☐ Wrap pita halves in heavy-duty foil.
- ☐ Add foil-wrapped pita halves to grill rack, and grill 2 minutes or until pitas are warm, turning foil pouch occasionally.
- ☐ Line each pita half with lettuce.
- ☐ Place 1 slice tomato and 1 patty in each pita half.
- ☐ Drizzle 2 tablespoons Yogurt-Cucumber Sauce over each pita half.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:3.9900000095367%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 345.55kcal (17.28%), Fat: 25.87g (39.8%), Saturated Fat: 12.61g (78.81%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 5.67g (2.06%), Sugar: 1.01g (1.12%), Cholesterol: 91.25mg (30.42%), Sodium: 380.54mg (16.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Iron: 2.35mg (13.05%), Calcium: 88.83mg (8.88%), Vitamin K: 8.49µg (8.08%), Manganese: 0.15mg (7.55%), Vitamin B2: 0.11mg (6.6%), Vitamin B1: 0.08mg (5.01%), Phosphorus: 48.59mg (4.86%), Vitamin B6: 0.08mg (4.22%), Selenium: 2.93µg (4.18%), Fiber: 0.96g (3.85%), Folate: 14.09µg (3.52%), Vitamin B12: 0.18µg (2.99%), Vitamin A: 146.2IU (2.92%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.52mg (2.58%), Magnesium: 8.92mg (2.23%), Vitamin C: 1.48mg (1.79%), Potassium: 59.69mg (1.71%), Copper: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.22mg (1.45%)