



Lamb Sausage Patties with Fresh Mint, Feta, and Garlic

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 2 large garlic clove pressed
- ☐ 1.5 pounds lamb shoulder
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

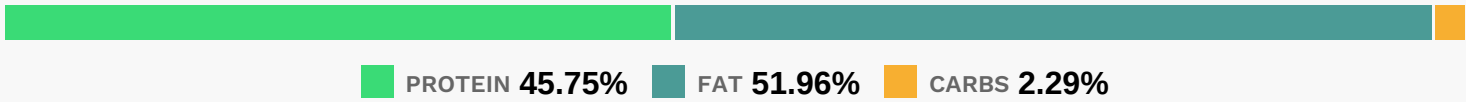
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place lamb in large bowl.
- ☐ Sprinkle garlic and salt over. Gently toss lamb to blend.
- ☐ Combine feta and mint in small bowl.
- ☐ Divide lamb into 12 equal mounds. Using damp hands, shape each into ball. Working with 1 ball at a time, poke thumb into center to make hole. Press 1 teaspoon feta-mint filling into hole. Pinch hole closed, then press ball between palms to flatten into 3/4-inch-thick disk. Repeat with remaining lamb and feta-mint filling. DO AHEAD: Can be made 1 day ahead.
- ☐ Transfer to baking sheet. Cover and refrigerate.
- ☐ Preheat oven to 250°F.
- ☐ Heat olive oil in heavy large skillet over medium heat. Working in 2 batches, cook lamb sausages until browned on both sides and cooked to desired doneness, about 3 minutes per side for medium.
- ☐ Transfer sausages to rimmed baking sheet and place in oven to keep warm.
- ☐ Serve hot.
- ☐ calories, 29g fat (12g saturated), 125mg cholesterol, 290mg sodium,1g carbohydrate, 0g fiber, 31g protein
- ☐ See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:4.3004347481157%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.54kcal (3.48%), Fat: 3.93g (6.04%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0g (0.01%), Cholesterol: 26.57mg (8.86%), Sodium: 363.07mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin B12: 1.02µg (17.07%), Selenium: 8.81µg (12.58%), Vitamin B3: 2.2mg (10.98%), Zinc: 1.61mg (10.76%), Phosphorus: 81.55mg (8.16%), Vitamin B2: 0.12mg (7%), Vitamin B6: 0.08mg (3.9%), Iron: 0.69mg (3.82%), Vitamin B1: 0.05mg (3.37%), Potassium: 109.55mg (3.13%), Vitamin B5: 0.3mg (3.02%), Calcium: 26.94mg (2.69%), Folate: 10.4µg (2.6%), Magnesium: 10.19mg (2.55%), Copper: 0.05mg (2.29%), Vitamin E: 0.25mg (1.7%), Manganese: 0.02mg (1.19%)