

Lamburgers with Rosemary-Mint Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving rosemary
- ☐ 1.5 pounds ground lamb lean
- ☐ 0.3 cup onion finely chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 garlic clove finely chopped

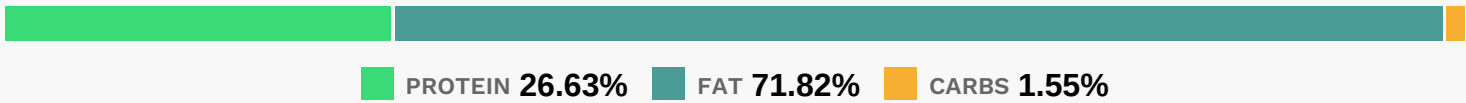
Equipment

☐ frying pan

Directions

- ☐ Make Rosemary–Mint Sauce.
- ☐ Mix remaining ingredients. Shape mixture into 6 patties.
- ☐ Spray 12–inch skillet with cooking spray; heat over medium heat. Cook patties in skillet 5 minutes; turn. Cook 3 to 5 minutes longer or until no longer pink in center.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.24, Inflammation Score:1, Nutrition Score:0.93913042496728%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 294.17kcal (14.71%), Fat: 23.51g (36.17%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.29g (0.33%), Cholesterol: 82.78mg (27.59%), Sodium: 281.83mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.23%), Iron: 1.69mg (9.37%), Manganese: 0.05mg (2.33%), Calcium: 16.28mg (1.63%), Vitamin C: 1.08mg (1.31%), Vitamin B6: 0.02mg (1.1%)