



## Latin-Spiced Lamb Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup ancho chiles dried seeded
- 1.5 teaspoons pepper whole black
- 0.3 teaspoons cayenne powder
- 6 ciabatta buns
- 0.5 teaspoons coriander seeds
- 3 ounces cotija cheese
- 0.5 teaspoons cumin seeds
- 1 small clove garlic chopped
- 2 cloves garlic fresh minced

- 2 pounds lamb grass-fed (antibiotic-free, hormone-free)
- 2 tablespoons juice of lime fresh
- 0.3 cup olive oil extra-virgin
- 0.3 cup pasilla dried seeded
- 6 servings onion red sliced
- 0.5 tablespoon salt
- 6 servings salt
- 1 tablespoon cup heavy whipping cream sour
- 6 servings spring mix of spinach green
- 6 servings tomatoes sliced
- 1 cup water
- 0.3 cup pulla dried seeded
- 0.3 cup pulla dried seeded

## Equipment

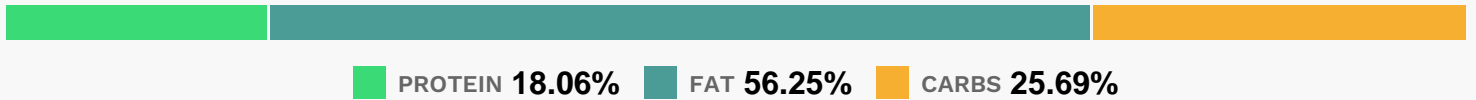
- frying pan
- sauce pan
- blender
- grill

## Directions

- Watch how to make this recipe.
- For the patties: Toast pepper, coriander and cumin together in a dry pan until they crackle and pop (shake pan constantly). Their color should be light brown, and spices should smell like toast, popcorn, smoky, etc.
- Pour them straight into a coffee grinder and blend the seeds to a fine powder.
- Mix all spices, garlic and salt well into the lamb. Form into 6 even patties.
- For the sauce: After weighing, rip the dried peppers open to shake out the seeds (a few seeds left in is ok). Throw the peppers in a saucepan with the water, and boil over medium heat until only 1/4 cup of liquid remains at the bottom.

- Add the peppers (with cooking liquid), sour cream, oil, garlic and lime to the blender, and blend it until very smooth.
- Add salt and blend again.
- Add cream and pulse a few times just to incorporate and get a saucy, squirtable consistency.
- Grill the lamb patties and the ciabatta until nice, dark grill marks are everywhere (lamb is at its juiciest around medium rare). Put about 1 teaspoon of sauce on each side of the bun. Slice the patties in half to lay lengthwise on the bread, and crumble Cotija cheese on top. Dress with plenty of juicy tomato slices, onion and lettuce.
- Cut sandwich lengthwise (along the seam of the lamb patty) and plate with cross-section facing outward.

## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:37.379130389379%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 810.46kcal (40.52%), Fat: 51.59g (79.36%), Saturated Fat: 19.15g (119.66%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 42.5g (15.45%), Sugar: 10.36g (11.51%), Cholesterol: 124.17mg (41.39%), Sodium: 1347.17mg (58.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.26g (74.52%), Vitamin A: 10253.28IU (205.07%), Vitamin B2: 1.08mg (63.51%), Vitamin B3: 12.58mg (62.88%), Vitamin B12: 3.74µg (62.27%), Vitamin B6: 1.12mg (56.17%), Vitamin C: 41.08mg (49.79%), Selenium: 32µg (45.72%), Zinc: 6.34mg (42.26%), Fiber: 10.53g (42.11%), Phosphorus: 408.24mg (40.82%), Potassium: 1415.15mg (40.43%), Manganese: 0.79mg (39.62%), Vitamin K: 41.52µg (39.55%), Iron: 5.6mg (31.12%), Folate: 103.75µg (25.94%), Magnesium: 91.96mg (22.99%), Vitamin B1: 0.31mg (20.53%), Vitamin E: 3.07mg (20.47%), Copper: 0.4mg (20.03%), Vitamin B5: 1.7mg (17.01%), Calcium: 151.08mg (15.11%), Vitamin D: 0.21µg (1.39%)