



food
network

Llama Burger

READY IN



65 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 eggs beaten
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 pound blend or
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup panko bread crumbs
- ☐ 1 tablespoon rosemary leaves minced
- ☐ 2 tablespoons scallions chopped

- ☐ 1 tablespoon thyme leaves minced
- ☐ 3 vine-ripened tomatoes sliced
- ☐ 2.5 pounds ground llama
- ☐ 2.5 pounds ground llama

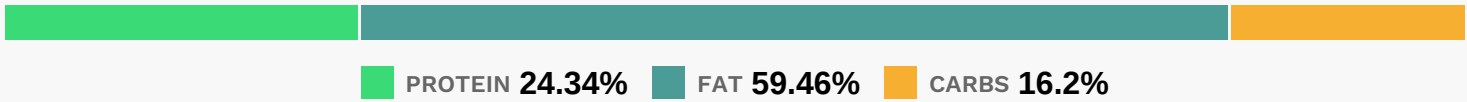
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Blend the llama and ground beef in a large bowl, being careful not to over blend as that will create a denser burger.
- ☐ Add the egg, bread crumbs, lemon juice, thyme, rosemary, feta, and salt and pepper, to taste.
- ☐ Mix well and form into 8 equal round patties, no more than 3/4-inch thick. Refrigerate for 30 minutes, allowing the ingredients and flavors to blend together.
- ☐ Heat the grill to medium-high heat.
- ☐ Add the burgers to the grill and cook until desired doneness is achieved, about 6 to 8 minutes per side.
- ☐ Remove and arrange on serving plates over sliced tomatoes.
- ☐ Drizzle with balsamic vinegar and garnish with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:9.0278260915176%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 204.3kcal (10.21%), Fat: 13.23g (20.35%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 8.11g (2.7%), Net
Carbohydrates: 7.09g (2.58%), Sugar: 3.93g (4.37%), Cholesterol: 64.89mg (21.63%), Sodium: 133.14mg (5.79%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.18g (24.37%), Vitamin B12: 1.35µg (22.58%), Zinc: 2.75mg
(18.36%), Selenium: 11.87µg (16.96%), Vitamin B3: 3mg (15%), Phosphorus: 138.52mg (13.85%), Vitamin B6: 0.26mg
(13.16%), Vitamin C: 8.88mg (10.76%), Iron: 1.91mg (10.59%), Vitamin B2: 0.18mg (10.55%), Vitamin A: 498.71IU
(9.97%), Potassium: 313.22mg (8.95%), Vitamin K: 8.28µg (7.89%), Manganese: 0.15mg (7.58%), Calcium: 60.55mg
(6.06%), Vitamin B1: 0.09mg (6.01%), Magnesium: 22.32mg (5.58%), Folate: 21.5µg (5.37%), Vitamin B5: 0.48mg
(4.85%), Copper: 0.09mg (4.5%), Fiber: 1.02g (4.08%), Vitamin E: 0.56mg (3.75%), Vitamin D: 0.19µg (1.24%)