



Loaded Greek Burgers

READY IN



40 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs
- 1 eggs
- 6 ounces feta cheese crumbled
- 2 sprigs basil fresh coarsely chopped
- 3 sprigs mint leaves fresh coarsely chopped
- 2 sprigs parsley fresh coarsely chopped
- 1 clove garlic minced
- 4 servings salt and ground pepper black to taste
- 1 pound ground beef lean

- 4 leaves lettuce
- 2 teaspoons juice of lime
- 2 tablespoons mayonnaise
- 0.3 cup onion chopped
- 1 bell pepper red
- 8 ounces pkt spinach fresh rinsed drained coarsely chopped
- 4 kaiser rolls split toasted
- 1 tomatoes sliced

Equipment

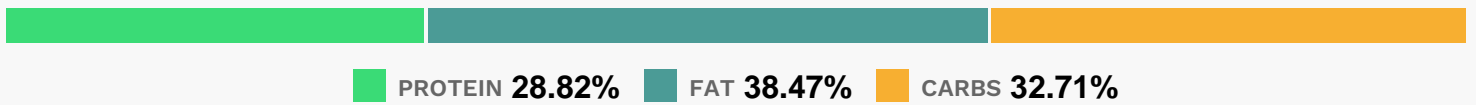
- bowl
- baking sheet
- oven
- grill
- kitchen thermometer
- aluminum foil
- broiler

Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- Cut the red bell pepper in half from top to bottom; remove the stem, seeds, and ribs; place pepper cut-side-down onto the prepared baking sheet.
- Cook under the preheated broiler until the skin of the pepper has blackened and blistered, about 5 minutes. Allow the blackened pepper to cool and steam in a paper bag for 5 minutes; peel and dice; set aside.
- Stir together the 2 ounces feta cheese, mayonnaise, lime juice, the 1 sprig chopped mint, and the 1 sprig chopped parsley in a small bowl; set aside.
- Preheat an outdoor grill for medium heat, and lightly oil the grate.

- Place the roasted red pepper, ground beef, feta cheese, spinach, bread crumbs, egg, garlic, onion, basil, the remaining mint, and the remaining parsley in a bowl.
- Sprinkle with salt and pepper, and mix gently with your hands until evenly combined. Divide the meat mixture to form 4 equal 4 1/2 inch patties.
- Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, about 4 minutes per side for medium. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- Serve burgers on warm toasted Kaiser roll with the feta cheese spread, fresh tomatoes, and lettuce.

Nutrition Facts



Properties

Glycemic Index:118.75, Glycemic Load:24.72, Inflammation Score:-10, Nutrition Score:40.682608531869%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 565.64kcal (28.28%), Fat: 24.07g (37.03%), Saturated Fat: 9.52g (59.53%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 42.04g (15.29%), Sugar: 7.77g (8.63%), Cholesterol: 152.01mg (50.67%), Sodium: 1011.09mg (43.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.58g (81.16%), Vitamin K: 305.25µg (290.71%), Vitamin A: 6916.65IU (138.33%), Iron: 16.09mg (89.36%), Vitamin C: 61.26mg (74.25%), Vitamin B12: 3.39µg (56.48%), Zinc: 7.74mg (51.58%), Selenium: 32.12µg (45.89%), Phosphorus: 452.67mg (45.27%), Vitamin B2: 0.77mg (45.17%), Vitamin B6: 0.9mg (45.14%), Folate: 167.12µg (41.78%), Vitamin B3: 8.05mg (40.26%), Manganese: 0.74mg (36.78%), Calcium: 316.78mg (31.68%), Potassium: 943.69mg (26.96%), Magnesium: 92.67mg (23.17%), Vitamin B1: 0.27mg (17.7%), Vitamin E: 2.57mg (17.11%), Fiber: 4.02g (16.08%), Vitamin B5: 1.55mg (15.51%), Copper: 0.24mg (12.08%), Vitamin D: 0.52µg (3.45%)