



Low Carb Lamb Burgers

 **Gluten Free**

READY IN



15 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 cup canola oil
- 0.3 cup feta cheese crumbled
- 1 pound lamb
- 4 servings salt and ground pepper black to taste
- 0.3 cup onion chopped
- 1 tablespoon soya sauce

Equipment

- bowl

- frying pan
- kitchen thermometer

Directions

- Put lamb, soy sauce, and onion in a bowl and season with salt and pepper to taste.
- Mix with hands to combine. Form lamb mixture into 4 patties.
- Heat avocado oil in a skillet over medium heat. Cook lamb patties until browned, 5 to 8 minutes on each side. An instant-read meat thermometer, inserted into the center of a patty, should read at least 145 degrees F (65 degrees C).
- Sprinkle with feta cheese and serve.

Nutrition Facts

PROTEIN 20.29% **FAT 77.75%** **CARBS 1.96%**

Properties

Glycemic Index:29, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:12.240869641304%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 421.41kcal (21.07%), Fat: 36.07g (55.49%), Saturated Fat: 14.01g (87.58%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.64g (0.71%), Cholesterol: 93.91mg (31.3%), Sodium: 461.33mg (20.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.37%), Vitamin B12: 2.83µg (47.18%), Vitamin B3: 7.08mg (35.38%), Selenium: 23.3µg (33.29%), Zinc: 4.27mg (28.47%), Phosphorus: 230.03mg (23%), Vitamin B2: 0.35mg (20.84%), Vitamin B6: 0.23mg (11.29%), Iron: 1.98mg (11.02%), Vitamin B1: 0.15mg (10.19%), Vitamin B5: 0.89mg (8.93%), Calcium: 84.18mg (8.42%), Potassium: 289.83mg (8.28%), Magnesium: 29.49mg (7.37%), Folate: 27.77µg (6.94%), Copper: 0.13mg (6.56%), Vitamin K: 4.52µg (4.31%), Manganese: 0.08mg (3.87%), Vitamin E: 0.25mg (1.69%), Vitamin C: 0.99mg (1.2%), Fiber: 0.29g (1.15%), Vitamin D: 0.16µg (1.09%), Vitamin A: 53.56IU (1.07%)