



Maple Glazed Chipotle Goat Cheese Lamb Burgers

READY IN



135 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons chipotle peppers in adobo sauce minced
- 4 ciabatta buns split toasted
- 2 sprigs rosemary fresh chopped
- 1 head garlic
- 6 ounces goat cheese soft
- 1 pound lamb
- 2 tablespoons maple syrup
- 1 tablespoon olive oil

- 0.5 teaspoon cracked pepper black
- 1.5 teaspoons salt

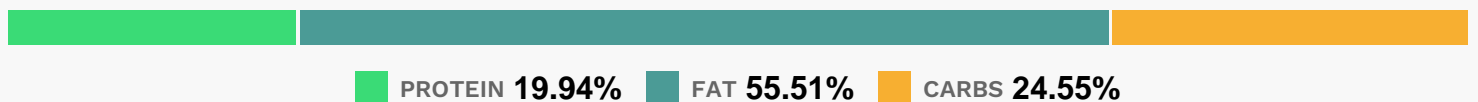
Equipment

- frying pan
- oven
- mixing bowl

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Cut the top off of the head of garlic, and place onto a small, oven safe dish.
- Bake the garlic in the preheated oven until the cloves are soft and golden brown, about 1 hour.
- Remove from the oven, and cool. Once cool enough to handle, squeeze the roasted garlic into a mixing bowl.
- Add the lamb, goat cheese, chipotle peppers, rosemary, 2 tablespoons maple syrup, salt, and pepper; mix well. Form the mixture into 4 patties.
- Heat the olive oil in a large skillet over medium-high heat. Sear the lamb patties for 1 minute on each side, then reduce the heat to medium-low, and continue cooking to your desired degree of doneness, about 2 minutes per side for medium-well. About 1 minute before the patties are ready, pour in the remaining 2 tablespoons of maple syrup, and allow it to thicken and glaze the burgers.
- Serve on toasted ciabatta buns.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:3.14, Inflammation Score:-4, Nutrition Score:16.513043419175%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 644.35kcal (32.22%), Fat: 39.45g (60.69%), Saturated Fat: 18.47g (115.45%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 36.16g (13.15%), Sugar: 7.94g (8.83%), Cholesterol: 102.34mg (34.11%), Sodium: 1372.3mg (59.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.77%), Vitamin B12: 2.7µg (45%), Vitamin B3: 7mg (35.01%), Selenium: 23.52µg (33.6%), Vitamin B2: 0.54mg (31.47%), Phosphorus: 298.04mg (29.8%), Zinc: 4.41mg (29.43%), Copper: 0.45mg (22.54%), Manganese: 0.45mg (22.29%), Iron: 3.29mg (18.28%), Vitamin B6: 0.34mg (17.07%), Fiber: 3.08g (12.33%), Vitamin B1: 0.18mg (11.69%), Vitamin B5: 1.07mg (10.72%), Calcium: 103.09mg (10.31%), Potassium: 317.24mg (9.06%), Vitamin A: 443.86IU (8.88%), Magnesium: 34.96mg (8.74%), Vitamin K: 7.48µg (7.13%), Folate: 25.82µg (6.46%), Vitamin E: 0.82mg (5.44%), Vitamin C: 2.19mg (2.66%), Vitamin D: 0.28µg (1.89%)