



## Mini Greek Burgers

READY IN



30 min.

SERVINGS



16

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup breadcrumbs plain
- 0.5 medium cucumber very thin cut into slices
- 0.3 teaspoon dill dried
- 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- 1 clove garlic finely chopped
- 3 cloves garlic finely chopped
- 1 lb ground beef 80% lean (at least )
- 2 teaspoons juice of lemon fresh

- 1 teaspoon lemon zest grated
- 2 teaspoons lemon zest finely grated
- 1 teaspoon oregano dried
- 16 2-inch wholewheat pita breads mini (2 1/) (from one 7-oz bag)
- 0.3 small onion red cut into bite-size strips
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 teaspoon thyme leaves dried

## Equipment

- bowl
- frying pan
- kitchen thermometer
- serrated knife

## Directions

- In small bowl, mix sauce ingredients. Cover; refrigerate until ready to use.
- In large bowl, mix burger ingredients until well mixed. Shape beef mixture into 16 patties, about 1/4 inch thick.
- Place 8 patties in 12-inch nonstick skillet; cook over medium-low heat about 3 minutes. Turn patties; cook 2 to 4 minutes longer or until meat thermometer inserted in center of patties reads 160F.
- Remove patties from skillet; cover to keep warm. Repeat with remaining patties.
- With serrated knife, cut pita breads in half horizontally.
- Place patties on bottom halves of breads. Top each patty with about 2 teaspoons sauce, several slices of cucumber and strips of onion. Cover with top halves of breads.
- Serve immediately.

## Nutrition Facts



PROTEIN 26.38% FAT 57.75% CARBS 15.87%

## Properties

Glycemic Index:18.69, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:3.6804347750933%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 92.1kcal (4.61%), Fat: 5.82g (8.95%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.34g (1.49%), Cholesterol: 20.36mg (6.79%), Sodium: 155.21mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin B12: 0.68µg (11.38%), Zinc: 1.36mg (9.07%), Selenium: 5.22µg (7.46%), Phosphorus: 70.23mg (7.02%), Vitamin B3: 1.37mg (6.83%), Vitamin B6: 0.12mg (5.88%), Vitamin B2: 0.08mg (4.77%), Iron: 0.77mg (4.29%), Calcium: 38.2mg (3.82%), Potassium: 129.64mg (3.7%), Vitamin B1: 0.04mg (2.78%), Manganese: 0.05mg (2.69%), Vitamin B5: 0.25mg (2.55%), Magnesium: 9.92mg (2.48%), Vitamin C: 1.6mg (1.94%), Vitamin K: 1.89µg (1.8%), Folate: 7.16µg (1.79%), Copper: 0.03mg (1.74%), Fiber: 0.3g (1.21%)