



## Mini Lamb Burgers with Mango Salsa

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 slices muffin bread english (enough to get 16 two inch discs)
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pound lamb
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup mango salsa (see recipe section)
- ☐ 0.5 tablespoon pepper white to taste

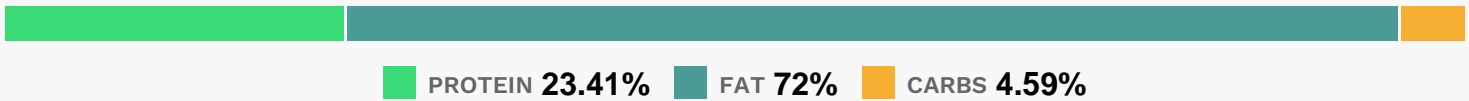
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ cookie cutter

# Directions

- ☐ Put 3/4 cup of the salsa into a blender or mini-food processor and blend until smooth.Using your hands, gently combine ½ cup of the salsa, spices and lamb in a large bowl. Take care not to overwork the meat. Shape the meat mixture into 16 patties about 2 ¼ inches in diameter and ½ inch thick. Refrigerate the patties, covered, about 1 hour.Using a 2 inch cookie cutter or a similarly sized shot glass cut the brioche or English muffin bread slices into 16 discs. Save the remnants for another use.Grill the patties over medium high heat, about 3 minutes per side for medium-rare (if using a charcoal grill, you will know the coals are ready when you can hold your hand 5 inches above the coals for just 3 or 4 seconds).Toast both sides of the brioche discs until lightly browned.
- ☐ Serve the mini-burgers, open-faced on top of the brioche discs, topped with a small dollop of the remaining salsa and garnish with fresh oregano (optional).

# Nutrition Facts



# Properties

Glycemic Index:5.31, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.5782608830411%

# Nutrients (% of daily need)

Calories: 126.43kcal (6.32%), Fat: 10.04g (15.45%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1g (0.36%), Sugar: 0.62g (0.69%), Cholesterol: 31.04mg (10.35%), Sodium: 277.6mg (12.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Vitamin B12: 0.98µg (16.37%), Vitamin B3: 2.73mg (13.65%), Selenium: 8.19µg (11.7%), Zinc: 1.5mg (10%), Phosphorus: 73.66mg (7.37%), Vitamin B2: 0.1mg (5.65%), Iron: 0.89mg (4.93%), Vitamin B6: 0.09mg (4.27%), Potassium: 141.21mg (4.03%), Vitamin B1: 0.05mg (3.59%), Magnesium: 12.62mg (3.16%), Vitamin B5: 0.31mg (3.1%), Copper: 0.06mg (2.92%), Vitamin K: 2.61µg

(2.48%), Manganese: 0.05mg (2.31%), Folate: 8.51µg (2.13%), Vitamin E: 0.3mg (1.99%), Fiber: 0.44g (1.77%), Vitamin A: 80.65IU (1.61%), Calcium: 15.1mg (1.51%)