



food  
network

## Minted Lamb Burgers

 Dairy Free

READY IN



34 min.

SERVINGS



6

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup olives black pitted
- ☐ 1 cup bread crumbs
- ☐ 2 fresno chiles red seeded finely chopped
- ☐ 6 servings coarse salt and pepper black freshly ground
- ☐ 1 large cucumber peeled seeded finely sliced quartered
- ☐ 1 bunch mint leaves fresh
- ☐ 2 garlic cloves crushed roughly chopped
- ☐ 1 tablespoon ginger finely grated

- ☐ 1.5 pounds lamb
- ☐ 6 hamburger buns
- ☐ 0.5 onion red quartered
- ☐ 4 tablespoons rice vinegar
- ☐ 3 shallots finely sliced

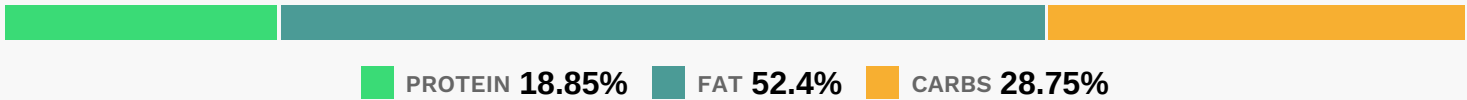
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

## Directions

- ☐ Preheat the grill to medium.
- ☐ Add the mint, black olives, red onion and bread crumbs to a food processor. Pulse until well blended. In a large bowl, combine the olive mixture with the meat. Using your hands, mold the meat mixture into 6 burger patties and place on a hot, oiled grill. Grill the burgers for about 7 minutes per side for medium-rare.
- ☐ Toast the buns on the grill and build the burgers on a toasted bun with a little Cucumber Chile Salad. if desired.
- ☐ Serve.
- ☐ Add shallots, cucumber, garlic, ginger and chiles to a bowl and follow with rice vinegar. Toss to coat and season with salt and pepper, to taste.

## Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:13.97, Inflammation Score:-6, Nutrition Score:21.170869474826%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 568.67kcal (28.43%), Fat: 32.76g (50.41%), Saturated Fat: 12.61g (78.82%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 37.04g (13.47%), Sugar: 6.67g (7.41%), Cholesterol: 82.78mg (27.59%), Sodium: 766.07mg (33.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.02%), Selenium: 38.23µg (54.61%), Vitamin B3: 9.94mg (49.71%), Vitamin B12: 2.77µg (46.14%), Vitamin B1: 0.57mg (37.97%), Zinc: 4.63mg (30.89%), Manganese: 0.56mg (28.09%), Phosphorus: 277.03mg (27.7%), Vitamin B2: 0.46mg (27.3%), Iron: 4.6mg (25.57%), Folate: 95.3µg (23.83%), Vitamin B6: 0.32mg (16.01%), Copper: 0.3mg (14.89%), Calcium: 143.32mg (14.33%), Potassium: 496.75mg (14.19%), Magnesium: 55.7mg (13.92%), Fiber: 3.4g (13.61%), Vitamin C: 11.02mg (13.36%), Vitamin K: 11.98µg (11.41%), Vitamin B5: 1.02mg (10.23%), Vitamin E: 1.27mg (8.48%), Vitamin A: 196.52IU (3.93%)