



Minted Lamb Burgers with Feta and Hummus

READY IN



25 min.

SERVINGS



4

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 0.3 teaspoon cinnamon
- ☐ 7 ounce feta cheese sliced
- ☐ 0.5 cup mint leaves fresh minced
- ☐ 2 garlic clove pressed
- ☐ 1.5 pounds lamb
- ☐ 4 servings water
- ☐ 1 tablespoon olive oil
- ☐ 8 slices onion

- ☐ 1 tablespoon paprika
- ☐ 4 the of 1 cos lettuce
- ☐ 1 teaspoon salt
- ☐ 4 portugese rolls split lightly toasted

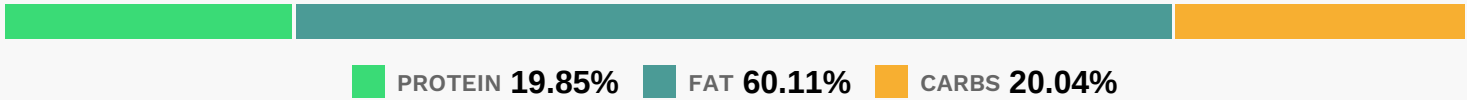
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix first 7 ingredients in medium bowl; shape into four 4-inch-diameter patties.
- ☐ Heat olive oil in heavy large skillet over medium-high heat.
- ☐ Add patties to skillet; cook until bottoms are well browned, about 3 minutes. Turn patties over and top with feta cheese. Continue cooking to desired doneness, about 3 minutes longer for medium-rare.
- ☐ Place roll bottoms on plates. Top each with onion, burger, lettuce, another onion, and hummus. Press on roll tops.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:24.82, Inflammation Score:-10, Nutrition Score:35.12695646286%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 889.98kcal (44.5%), Fat: 59.32g (91.26%), Saturated Fat: 24.9g (155.63%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 39.47g (14.35%), Sugar: 6.08g (6.75%), Cholesterol: 168.33mg (56.11%), Sodium: 1652.65mg (71.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.06g (88.12%), Iron: 15.36mg (85.32%), Vitamin B12: 4.77µg (79.46%), Vitamin A: 3862.54IU (77.25%), Selenium: 40.75µg (58.22%), Vitamin B3: 11.22mg (56.09%), Zinc: 8.02mg (53.46%), Phosphorus: 512.75mg (51.28%), Vitamin B2: 0.86mg (50.63%), Vitamin K: 39.61µg (37.72%), Calcium: 326.92mg (32.69%), Vitamin B6: 0.61mg (30.57%), Folate: 120.72µg (30.18%), Manganese: 0.49mg (24.48%), Vitamin B1: 0.36mg (24.08%), Fiber: 5.04g (20.14%), Magnesium: 80.21mg (20.05%), Copper: 0.4mg (19.84%), Potassium: 665.9mg (19.03%), Vitamin B5: 1.77mg (17.69%), Vitamin E: 1.56mg (10.42%), Vitamin C: 5.66mg (6.86%), Vitamin D: 0.37µg (2.46%)