



Moroccan-Spiced Lamb Burgers with Beet, Red Onion, and Orange Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 beets boiled peeled cut into 1/3-inch cubes
- 1.3 cups boston lettuce thinly sliced
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.3 cup greek olives green pitted chopped
- 0.5 teaspoon ground cumin
- 1.8 pounds lamb

- 0.8 teaspoon pepper black
- 1 tablespoon honey
- 1 jalapeno minced seeded
- 2 tablespoons juice of lemon fresh
- 4 servings mayonnaise
- 2 tablespoons olive oil
- 1 large cranberry-orange relish cut into 1/3-inch cubes
- 0.5 teaspoon paprika
- 1 cup onion red chopped
- 1.3 teaspoons salt
- 1 large shallots minced
- 4 large hamburger buns split

Equipment

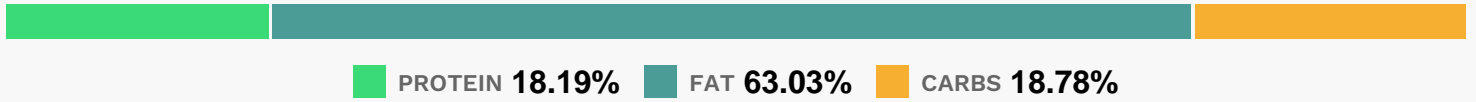
- bowl
- baking sheet
- whisk
- grill

Directions

- Whisk first 3 ingredients in medium bowl to blend.
- Mix in next 4 ingredients. Season salsa to taste with salt and pepper.
- Do ahead: Can be made 8 hours ahead. Cover and chill.
- Stir shallot, cilantro, jalapeño, garlic, salt, black pepper, paprika, and cumin in large bowl to blend.
- Add lamb and mix gently to combine. Shape mixture into four 1/2-inch-thick patties. Arrange on small baking sheet.
- Do ahead: Can be made 8 hours ahead. Cover and chill.

- Spray grill rack with nonstick spray and prepare barbecue (medium-high heat). Grill buns, cut side down, until golden, about 2 minutes; transfer to work surface.
- Place lettuce and large spoonful of salsa on each bun bottom. Grill burgers until slightly charred and cooked to desired doneness, about 4 minutes per side for medium-rare.
- Place 1 burger on each bun. Top each with mayonnaise and bun top.
- Serve with remaining salsa.

Nutrition Facts



Properties

Glycemic Index:102.94, Glycemic Load:7.13, Inflammation Score:-8, Nutrition Score:33.34608707739%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 13.62mg, Hesperetin: 13.62mg, Hesperetin: 13.62mg, Hesperetin: 13.62mg Naringenin: 7.15mg, Naringenin: 7.15mg, Naringenin: 7.15mg, Naringenin: 7.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 863.57kcal (43.18%), Fat: 60.78g (93.51%), Saturated Fat: 22.51g (140.72%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 35.07g (12.75%), Sugar: 16.98g (18.87%), Cholesterol: 146.55mg (48.85%), Sodium: 1243.5mg (54.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.47g (78.93%), Vitamin B12: 4.59µg (76.56%), Selenium: 52.9µg (75.57%), Vitamin B3: 14.35mg (71.75%), Zinc: 7.61mg (50.73%), Vitamin C: 37.95mg (46%), Folate: 169.41µg (42.35%), Phosphorus: 416.92mg (41.69%), Manganese: 0.82mg (41.24%), Vitamin K: 38.84µg (36.99%), Vitamin B2: 0.63mg (36.83%), Vitamin B1: 0.52mg (34.72%), Iron: 6mg (33.31%), Potassium: 890.91mg (25.45%), Vitamin B6: 0.48mg (23.86%), Fiber: 5.66g (22.66%), Magnesium: 87.29mg (21.82%), Copper: 0.4mg (20.03%), Vitamin B5: 1.83mg (18.33%), Vitamin A: 885.94IU (17.72%), Vitamin E: 2.26mg (15.04%), Calcium: 129.27mg (12.93%), Vitamin D: 0.21µg (1.38%)