



## My Big Fat Greco Inspired Burger

READY IN



34 min.

SERVINGS



6

CALORIES



893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 small cucumber
- ☐ 1 large eggplant
- ☐ 0.5 cup greek feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh
- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1.5 tablespoons ground cumin
- ☐ 2 pounds lamb
- ☐ 0.3 teaspoon ground pepper black

- ☐ 6 servings oil for brushing on the grill rack
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano
- ☐ 6 small pita breads
- ☐ 1.5 cups yogurt plain
- ☐ 3 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper
- ☐ 3 tablespoons citrus champagne vinegar

## Equipment

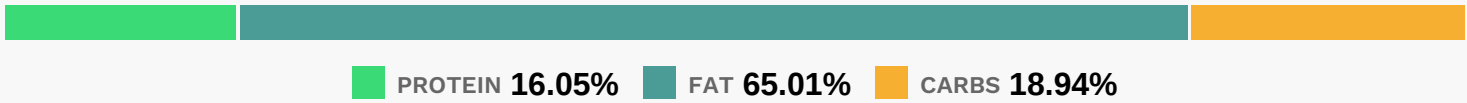
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill

## Directions

- ☐ Prepare an open grill for moderate direct-heat cooking
- ☐ Seed and chop the cucumber. In a medium bowl, stir together the cucumber, yogurt, garlic, dill and feta. Refrigerate and chill for 1 hour.
- ☐ In a small bowl, combine vinegar, oregano, salt and pepper.
- ☐ Whisk in oil until thick and well blended.
- ☐ Cut the eggplant into 1/2-inch rounds. Arrange in a 13 by 9 by 2-inch baking dish; coat well with dressing. Grill eggplant until tender, about 3 minutes each side, keep warm.
- ☐ In a large bowl blend together lamb, mint, cumin, salt and pepper, to taste. Form 6 patties.
- ☐ Before grilling burgers, brush the grill rack with oil.
- ☐ Place the patties on the rack turning once, 4 minutes each side.
- ☐ Cut pitas horizontally and lightly toast over indirect heat.

Assemble burgers as follows: pita bottom, lettuce, burger topped generously with tzatziki, a slice of grilled eggplant, and the top of the pita.

# Nutrition Facts



## Properties

Glycemic Index:45.83, Glycemic Load:30.54, Inflammation Score:-9, Nutrition Score:30.332608699799%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg 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: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 892.89kcal (44.64%), Fat: 64.4g (99.07%), Saturated Fat: 20.8g (129.99%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 37.32g (13.57%), Sugar: 6.24g (6.93%), Cholesterol: 129.46mg (43.15%), Sodium: 956.86mg (41.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.77g (71.54%), Vitamin B12: 3.93µg (65.51%), Vitamin B3: 11.14mg (55.7%), Vitamin A: 2473.53IU (49.47%), Vitamin K: 51.11µg (48.67%), Selenium: 32.16µg (45.94%), Zinc: 6.72mg (44.8%), Phosphorus: 436.38mg (43.64%), Vitamin B2: 0.64mg (37.47%), Manganese: 0.69mg (34.36%), Vitamin E: 4.46mg (29.71%), Iron: 5.16mg (28.67%), Vitamin B1: 0.42mg (28.22%), Folate: 108.67µg (27.17%), Calcium: 259.17mg (25.92%), Potassium: 842.82mg (24.08%), Magnesium: 84.3mg (21.08%), Vitamin B6: 0.41mg (20.27%), Fiber: 4.91g (19.66%), Copper: 0.38mg (19.23%), Vitamin B5: 1.9mg (19.01%), Vitamin C: 6.04mg (7.32%), Vitamin D: 0.26µg (1.75%)