



My Big Fat Greek Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups lightly baby spinach leaves packed coarsely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pinch pepper black freshly ground
- ☐ 4 burger buns whole-wheat
- ☐ 1 teaspoon dill leaves fresh chopped
- ☐ 0.3 cucumber english thinly sliced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 1 clove garlic minced

- ☐ 1.3 pounds ground turkey breast lean
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup nonfat yogurt greek style
- ☐ 2 teaspoons olive oil
- ☐ 0.5 small onion chopped
- ☐ 4 small leaves romaine lettuce hard
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

Equipment

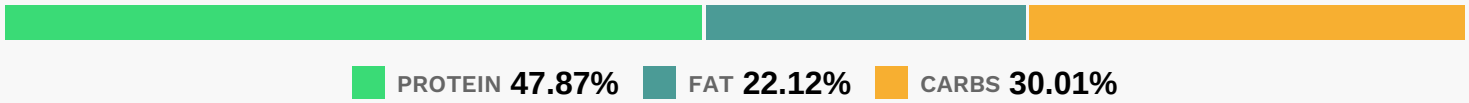
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Click here to see how she does it.
- ☐ In a small bowl, stir together the yogurt, oil, lemon juice, garlic, dill, and salt and pepper.
- ☐ Heat 2 teaspoons of oil in a nonstick skillet over medium-high heat.
- ☐ Add the onion and cook until soft and translucent, about 3 minutes.
- ☐ Add the spinach and cook until wilted, about 1 minute.
- ☐ Remove the pan from the heat.
- ☐ Add the feta cheese, dill and 1/4 teaspoon black pepper and stir to combine.
- ☐ Divide the turkey into 4 equal sized rounds. Make 2 equal sized patties out of each round so you have 8 patties total. Put 2 tablespoons of the spinach-feta mixture onto half of the patties. Top with remaining patties working the turkey around the edges to seal burgers closed. Season the burgers on both sides with the salt and remaining 1/4 teaspoon pepper.
- ☐ Spray a nonstick grill pan with cooking spray and heat over medium-high heat, or prepare the grill. Grill the patties until cooked through, about 5 minutes per side.

To serve, place a burger on the bottom half of each bun, top with about 2 tablespoons of yogurt sauce, then 2 or 3 cucumber slices and a lettuce leaf. Top with the other half of the bun and serve.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:31.828695463098%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 355.29kcal (17.76%), Fat: 8.78g (13.5%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 24.67g (8.97%), Sugar: 5.1g (5.67%), Cholesterol: 87.55mg (29.18%), Sodium: 635.24mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.74g (85.49%), Vitamin K: 108.16µg (103.01%), Vitamin B3: 15.96mg (79.8%), Vitamin A: 3989.17IU (79.78%), Vitamin B6: 1.39mg (69.49%), Selenium: 47.39µg (67.7%), Phosphorus: 459.45mg (45.94%), Folate: 127.27µg (31.82%), Vitamin B2: 0.49mg (28.56%), Manganese: 0.53mg (26.68%), Vitamin B1: 0.39mg (25.85%), Zinc: 3.45mg (22.97%), Iron: 3.82mg (21.2%), Potassium: 739.17mg (21.12%), Magnesium: 78.82mg (19.71%), Vitamin B12: 1.14µg (19.04%), Calcium: 185.56mg (18.56%), Vitamin B5: 1.54mg (15.41%), Vitamin C: 8.66mg (10.5%), Copper: 0.19mg (9.53%), Fiber: 2.13g (8.52%), Vitamin E: 0.88mg (5.85%), Vitamin D: 0.6µg (4.03%)