



Opa! Burgers - (winning Alternative Burger)

READY IN



55 min.

SERVINGS



6

CALORIES



1090 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach leaves loosely packed
- 0.5 teaspoon pepper black freshly ground
- 0.5 ounce porcini mushrooms dried
- 8 ounces goat feta cheese crumbled
- 3 cloves garlic minced
- 2 pounds lamb
- 0.5 cup kalamata olives chopped
- 0.5 cup mayonnaise
- 6 servings olive oil extra-virgin for brushing grill rack (recommended: colavita)

- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper flakes red crushed
- 0.3 cup roasted peppers red chopped
- 2 teaspoons salt
- 1 cup rose syrah wine (recommended: Sutter Home)
- 12 slices sopressata italian thin
- 6 bolo rolls split italian-style
- 6 large tomatoes

Equipment

- bowl
- sauce pan
- grill
- spatula
- chefs knife

Directions

- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- Combine the mayonnaise and roasted peppers in a small bowl and mix well. Cover and chill until ready to use.
- In a separate small bowl, mash the cheese with a fork. Stir in the olives; set aside.
- Pour the wine into a small, heavy fire-proof saucepan and heat on the grill until the wine begins to simmer.
- Remove from the heat and add the dried mushrooms, stirring with a fork to ensure that all the mushrooms are moistened. Set the mushrooms aside to reconstitute for at least 30 minutes.
- Gently squeeze the excess liquid from the reconstituted mushrooms and chop, using a chef's knife.
- Transfer to a large bowl.

- Add the lamb, garlic, oregano, red pepper flakes, salt, and pepper. Form into 6 equal patties in the shape of the rolls.
- When the grill is ready, brush the grill rack with oil.
- Place the patties on the grill, cover, and cook for 4 minutes. With a spatula, turn the patties over, and cook an additional 4 minutes, or until done to preference. During the last few minutes of grilling, place the rolls, cut side down, on outer edges of grill to lightly toast.
- To assemble the burgers, spread the mayonnaise mixture over the bottom roll halves and the cheese mixture over the top halves.
- Layer the bottom rolls with the patties, sopressata, spinach leaves, tomato slices, and roll tops.

Nutrition Facts

■ PROTEIN **15.5%** ■ FAT **69.44%** ■ CARBS **15.06%**

Properties

Glycemic Index:52.5, Glycemic Load:23.95, Inflammation Score:-8, Nutrition Score:31.213478337164%

Flavonoids

Petunidin: 5.58mg, Petunidin: 5.58mg, Petunidin: 5.58mg, Petunidin: 5.58mg Delphinidin: 3.69mg, Delphinidin: 3.69mg, Delphinidin: 3.69mg, Delphinidin: 3.69mg Malvidin: 47.97mg, Malvidin: 47.97mg, Malvidin: 47.97mg, Malvidin: 47.97mg Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 1090.16kcal (54.51%), Fat: 81.62g (125.57%), Saturated Fat: 26.95g (168.41%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 37.44g (13.62%), Sugar: 5.31g (5.9%), Cholesterol: 166.08mg (55.36%), Sodium: 2376.07mg (103.31%), Alcohol: 4.14g (100%), Alcohol %: 1.29% (100%), Protein: 40.98g (81.96%), Iron: 14.07mg (78.14%), Vitamin B12: 4.66µg (77.63%), Vitamin K: 72.84µg (69.37%), Selenium: 40.6µg (58%), Vitamin B3: 11.01mg (55.06%), Zinc: 7.33mg (48.84%), Vitamin B2: 0.75mg (44.13%), Phosphorus: 430.45mg (43.05%), Vitamin B1: 0.42mg (28.15%), Vitamin B6: 0.55mg (27.4%), Vitamin E: 3.74mg (24.93%), Calcium: 243.93mg (24.39%), Vitamin B5: 2.13mg (21.34%), Vitamin A: 968.54IU (19.37%), Copper: 0.37mg (18.59%), Potassium: 584.49mg (16.7%), Folate: 59.97µg (14.99%), Magnesium: 56.25mg (14.06%), Manganese: 0.22mg (11.2%), Vitamin C: 8.37mg (10.15%), Fiber:

2.39g (9.54%), Vitamin D: 0.43 μ g (2.88%)