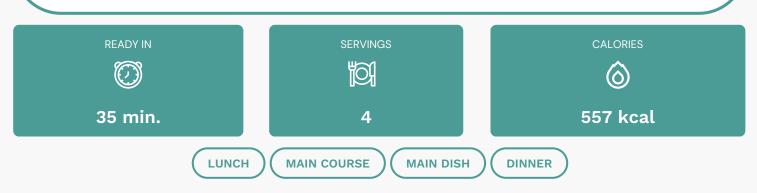


# Open-Face Lamb Burgers with Mint Yogurt Sauce



## Ingredients

O.5 teaspoon pepper black
2 inch bread country-style (from a crusty round loaf; preferably 6 inches in diameter)
0.3 cup parsley fresh minced
1 garlic clove halved lengthwise
O.1 teaspoon ground allspice
1.5 lb ground lamb lean (not )
1 teaspoon juice of lemon fresh
3 cups the salad

	1 cup mint leaves fresh whole loosely packed minced
	2 tablespoons olive oil extra virgin extra-virgin
	0.3 cup onion minced
	1 cup yogurt plain
	0.8 teaspoon salt
Εq	uipment
	bowl
	whisk
	grill
	grill pan
Directions	
	Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
	While grill heats, whisk together yogurt, minced mint, lemon juice, and salt to taste. Mince 1 half of garlic clove and whisk into yogurt sauce.
	Mix lamb, parsley, onion, salt, pepper, and allspice with your hands in a bowl until just combined (do not overwork mixture or patties will be tough). Form into 4 (4 1/2-inch) pattie (1/2 inch thick).
	Brush both sides of bread slices with 2 tablespoons oil (total for all slices) and grill, covered only if using a gas grill, turning over once, until golden, 1 to 2 minutes total. Rub 1 side of each toast with cut side of remaining garlic and season with salt.
	Grill patties on lightly oiled grill rack, covered only if using a gas grill, turning over once, until browned but still slightly pink in center, 5 to 7 minutes total.
	Toss together mesclun, whole mint leaves, remaining teaspoon oil, and salt and pepper to taste. Divide lamb among toasts on plates, then spoon sauce over and top with greens.
	·Burgers can be grilled in a hot lightly oiled well-seasoned large ridged grill pan over moderately high heat, turning over once, 9 to 10 minutes total.

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## **Nutrition Facts**

### **Properties**

Glycemic Index:53.42, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:11.373478294715%

#### **Flavonoids**

Eriodictyol: 3.54mg, Eriodictyol: 3.54mg, Eriodictyol: 3.54mg, Eriodictyol: 3.54mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 11.39mg, Apigenin: 11.39mg, Apigenin: 11.39mg, Apigenin: 11.39mg, Apigenin: 11.39mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

### Nutrients (% of daily need)

Calories: 557.13kcal (27.86%), Fat: 44.47g (68.42%), Saturated Fat: 19.19g (119.94%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 6.51g (2.37%), Sugar: 3.43g (3.82%), Cholesterol: 132.13mg (44.04%), Sodium: 616.05mg (26.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 32.55g (65.11%), Vitamin K: 86.86µg (82.72%), Vitamin A: 1302.61lU (26.05%), Vitamin C: 18.98mg (23%), Iron: 3.65mg (20.29%), Calcium: 134.74mg (13.47%), Manganese: 0.26mg (13.12%), Folate: 39.13µg (9.78%), Phosphorus: 87.25mg (8.73%), Vitamin B2: 0.14mg (8.48%), Potassium: 263.07mg (7.52%), Vitamin E: 1.09mg (7.28%), Magnesium: 24.46mg (6.11%), Fiber: 1.38g (5.53%), Vitamin B6: 0.09mg (4.34%), Zinc: 0.65mg (4.31%), Copper: 0.08mg (3.86%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.36mg (3.65%), Vitamin B1: 0.05mg (3.48%), Selenium: 2.01µg (2.87%), Vitamin B3: 0.56mg (2.81%)