



Open-Face Lamb Burgers with Mint Yogurt Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 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
- ☐ 0.1 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

Equipment

- ☐ 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 3 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) patties (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.

Nutrition Facts

 **PROTEIN 23.17%**  **FAT 71.22%**  **CARBS 5.61%**

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 Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 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 %: 0% (100%), Protein: 32.55g (65.11%), Vitamin K: 86.86µg (82.72%), Vitamin A: 1302.61IU (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%)