



WHATSheATE



Open-Face Lamb Burgers with Pistachio-Apricot Relish

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricots fresh diced pitted
- ☐ 2.5 teaspoons coarse kosher salt plus more for relish
- ☐ 0.3 teaspoon curry powder
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2.5 pounds lamb loins freshly ground (preferably shoulder)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup natural pistachios unsalted coarsely chopped

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup roasted pepper from jar diced red drained
- ☐ 2 tablespoons sherry wine vinegar
- ☐ 24 inch sourdough bread (1/)
- ☐ 0.3 teaspoon sugar

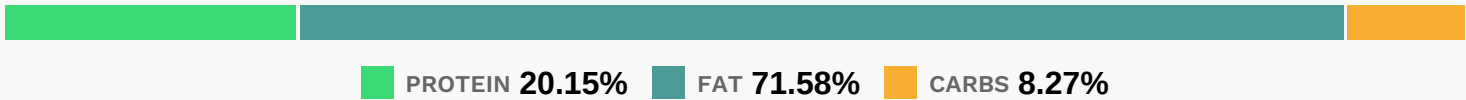
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Place ground lamb in large bowl; sprinkle 2 1/2 teaspoons coarse salt evenly over. Gently mix in salt and shape meat into 6 patties, each about 3/4 inch thick. DO AHEAD Patties can be prepared 6 hours ahead. Arrange on baking sheet, cover, and refrigerate.
- ☐ Mix apricots and next 6 ingredients in medium bowl; season with salt.
- ☐ Mix chopped pistachios and mint into relish.
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium heat).
- ☐ Place burgers on grill.
- ☐ Place bread slices at edges to toast. Cook burgers to desired doneness and until slightly charred, about 5 minutes per side for mediumrare.
- ☐ Transfer bread to plates. Top each with burger. Spoon relish atop burgers.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:5.93, Inflammation Score:-7, Nutrition Score:25.311739309974%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 736.8kcal (36.84%), Fat: 58.62g (90.19%), Saturated Fat: 21.12g (131.97%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 11.97g (4.35%), Sugar: 4.88g (5.42%), Cholesterol: 137.97mg (45.99%), Sodium: 1223.52mg (53.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.28%), Vitamin B12: 4.37µg (72.76%), Vitamin B3: 12.26mg (61.3%), Selenium: 39.97µg (57.1%), Zinc: 7.11mg (47.4%), Phosphorus: 419.4mg (41.94%), Vitamin B6: 0.64mg (32.08%), Vitamin B1: 0.47mg (31.53%), Vitamin B2: 0.49mg (29.05%), Copper: 0.51mg (25.67%), Iron: 4.5mg (25%), Potassium: 744.45mg (21.27%), Manganese: 0.41mg (20.54%), Magnesium: 74.07mg (18.52%), Folate: 64.47µg (16.12%), Vitamin B5: 1.45mg (14.5%), Vitamin A: 720.11IU (14.4%), Fiber: 3.26g (13.05%), Vitamin E: 1.79mg (11.95%), Vitamin K: 10.65µg (10.14%), Vitamin C: 7.77mg (9.41%), Calcium: 71.75mg (7.18%), Vitamin D: 0.19µg (1.26%)