



# Open-Faced Lamb Burgers with Eggplant and Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 3 ounce bread rolls french toasted halved
- 1 pound eggplant diced peeled
- 0.5 teaspoon ground cumin
- 1 pound lamb lean
- 2 tablespoons teaspoons mint dried fresh minced

- 2 teaspoons olive oil divided
- 0.3 teaspoon salt
- 4 ounces shiitake mushroom caps thinly sliced
- 1 inch tomatoes
- 2 cups vidalia sweet vertically sliced

## Equipment

- bowl
- frying pan
- grill

## Directions

- Prepare grill.
- Combine first 5 ingredients in a large bowl. Divide lamb mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- Place patties on a grill rack; grill 4 minutes on each side or until lamb is done. Keep warm.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add eggplant, and saut for 3 minutes.
- Remove from pan.
- Heat 1 teaspoon oil in pan; add onion, and cook 7 minutes or until golden brown, stirring frequently.
- Add mushrooms; cook 3 minutes. Stir in eggplant and vinegar.
- Remove from heat.
- Place 1 tomato slice and 1 patty on each roll half; top each with three-fourths of eggplant mixture.

## Nutrition Facts

 PROTEIN 21.92%  FAT 53.78%  CARBS 24.3%

## Properties

Glycemic Index:66.88, Glycemic Load:10.24, Inflammation Score:-6, Nutrition Score:10.788695812225%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

## Nutrients (% of daily need)

Calories: 434.9kcal (21.75%), Fat: 26.49g (40.76%), Saturated Fat: 11.69g (73.09%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 21.37g (7.77%), Sugar: 10.3g (11.44%), Cholesterol: 82.78mg (27.59%), Sodium: 374.09mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.59%), Manganese: 0.56mg (28.03%), Fiber: 5.56g (22.26%), Folate: 76.18µg (19.04%), Iron: 3.36mg (18.69%), Vitamin B1: 0.24mg (15.75%), Vitamin B6: 0.31mg (15.51%), Vitamin B3: 3.03mg (15.13%), Potassium: 492.33mg (14.07%), Vitamin B2: 0.22mg (12.83%), Selenium: 8.46µg (12.08%), Copper: 0.22mg (11.14%), Phosphorus: 107.07mg (10.71%), Magnesium: 39.23mg (9.81%), Vitamin B5: 0.9mg (9.04%), Vitamin C: 7.24mg (8.77%), Calcium: 58.24mg (5.82%), Zinc: 0.84mg (5.63%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.7mg (4.68%), Vitamin A: 142.23IU (2.84%)