



Organic Lamb Burger with Fresh Mint Yogurt and Quinoa

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup percent-fat greek yogurt
- 1 pinch cayenne pepper
- 1 eggs
- 2 tablespoons mint leaves fresh chopped
- 1 clove garlic minced
- 2 teaspoons ground cumin
- 1 pound ground lamb meat organic

- 1 small onion or diced spanish
- 1 cup quinoa dry
- 4 servings salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- sieve

Directions

- Rinse the quinoa in a large fine mesh strainer with cold water, then transfer to a small saucepan. Cover with 2 cups cold water, bring to a boil, and then reduce to a low simmer and cook for 15 to 20 minutes.
- Remove from the heat, fluff with a fork and let cool before mixing into the lamb.
- Mix together the quinoa, lamb, cumin, cayenne, garlic, egg, onions and some salt in a large bowl until the mixture comes together and is smooth. Form the mixture into 4 balls, flatten down into patties and place on baking sheets.
- Heat a large nonstick saute pan over high heat for 1 minute, and then add the oil. Cook the patties until browned, 3 minutes per side, and then cover and cook over low heat for 10 to 12 minutes.
- Mix together the yogurt and mint in a separate bowl and season with salt.
- To plate the dish, place the lamb burger over your favorite salad or I recommend a fresh tomato puree. Top each with a dollop of the mint yogurt and serve.

Nutrition Facts

 PROTEIN 21.52%  FAT 56.93%  CARBS 21.55%

Properties

Glycemic Index:23.5, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:24.021738798722%

Flavonoids

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: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 596.22kcal (29.81%), Fat: 37.43g (57.58%), Saturated Fat: 13.32g (83.26%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 28.28g (10.28%), Sugar: 2.45g (2.72%), Cholesterol: 126.2mg (42.07%), Sodium: 299.73mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.66%), Vitamin B12: 3.07µg (51.12%), Manganese: 0.99mg (49.6%), Selenium: 33.51µg (47.87%), Phosphorus: 475.15mg (47.52%), Vitamin B3: 7.63mg (38.17%), Zinc: 5.71mg (38.04%), Vitamin B2: 0.58mg (34.1%), Magnesium: 122mg (30.5%), Folate: 113.61µg (28.4%), Iron: 4.77mg (26.51%), Vitamin B6: 0.44mg (22.18%), Vitamin B1: 0.31mg (20.74%), Copper: 0.41mg (20.4%), Potassium: 637.9mg (18.23%), Vitamin K: 16.78µg (15.98%), Fiber: 3.6g (14.4%), Vitamin B5: 1.43mg (14.34%), Vitamin E: 1.99mg (13.24%), Calcium: 120.7mg (12.07%), Vitamin A: 197.07IU (3.94%), Vitamin C: 2.42mg (2.93%), Vitamin D: 0.33µg (2.22%)