



Pistachio, Lamb, and Beef Burgers

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tsp ground aleppo pepper divided
- ☐ 1 tablespoon suya seasoning mix (Arabic spice blend)
- ☐ 2 teaspoons pepper black
- ☐ 4 servings boston lettuce leaves
- ☐ 1 large egg whites
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound lamb
- ☐ 4 hawaiian rolls split

- ☐ 1.3 teaspoons kosher salt
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion thick coarsely chopped ()
- ☐ 3 cups pears (any color)
- ☐ 0.5 cup pistachios salted

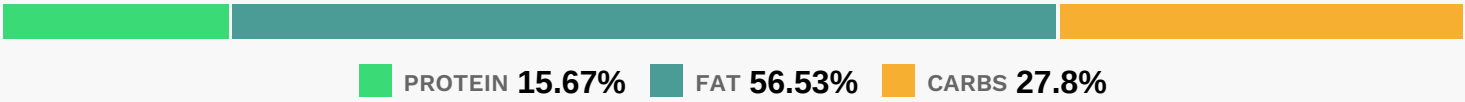
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak 8 bamboo skewers (8 in.) in water for half an hour.
- ☐ Heat a grill to medium (350 to 450). Coarsely grind pistachios in a food processor, then pour into a bowl. Whirl chopped onion in processor until smooth and add to nuts along with egg white, meat, baharat, black pepper, 2 1/2 tsp. Aleppo pepper, and the salt.
- ☐ Mix with your hands. Shape into 4 patties, 1/2 in. thick.
- ☐ Thread tomatoes lengthwise onto skewers.
- ☐ Combine mayonnaise, 1 to 2 tsp. Aleppo pepper, and the lemon juice and set aside.
- ☐ Brush onion slices with oil.
- ☐ Grill burgers, tomatoes, and onion slices, turning once, until burgers are cooked through (6 to 8 minutes total), and vegetables are charred (3 to 5 minutes).
- ☐ Transfer to a platter as done. Grill buns cut side down until golden, 1 to 2 minutes.
- ☐ Spread buns with mayo. Toss onions with a little Aleppo pepper. Build burgers with lettuce, onions, and some tomatoes from skewers; serve the rest on the side.
- ☐ *Find in the spice aisle or at worldspice.com

Nutrition Facts



Properties

Glycemic Index:57.69, Glycemic Load:19.55, Inflammation Score:-8, Nutrition Score:27.997391470101%

Flavonoids

Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 726.77kcal (36.34%), Fat: 46.44g (71.45%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 42.25g (15.37%), Sugar: 17.85g (19.83%), Cholesterol: 87.53mg (29.18%), Sodium: 1149.76mg (49.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.93%), Vitamin K: 62.34µg (59.37%), Selenium: 34.81µg (49.73%), Manganese: 0.89mg (44.36%), Vitamin B12: 2.63µg (43.89%), Vitamin B3: 8.43mg (42.16%), Fiber: 9.15g (36.59%), Zinc: 5.35mg (35.69%), Vitamin B6: 0.7mg (35.15%), Iron: 6.21mg (34.49%), Phosphorus: 338.27mg (33.83%), Vitamin B1: 0.5mg (33.18%), Vitamin B2: 0.47mg (27.92%), Copper: 0.51mg (25.58%), Potassium: 792.48mg (22.64%), Folate: 88.21µg (22.05%), Vitamin E: 3.17mg (21.11%), Magnesium: 77.47mg (19.37%), Calcium: 187.81mg (18.78%), Vitamin A: 798.71IU (15.97%), Vitamin C: 9.69mg (11.75%), Vitamin B5: 0.94mg (9.39%)