



Prosciutto Lamb Burgers

READY IN



36 min.

SERVINGS



4

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings balsamic vinegar for drizzling
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs dried plain
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley fresh italian chopped
- ☐ 4 servings basil leaves fresh for topping each burger
- ☐ 1 pound lamb
- ☐ 0.3 cup olive oil
- ☐ 4 servings olive oil extra-virgin for drizzling

- ☐ 0.5 cup pecorino cheese grated
- ☐ 6 large slices pancetta sliced for wrapping the burgers
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 1 slices tomatoes fresh for topping each burger
- ☐ 2 tablespoons milk whole

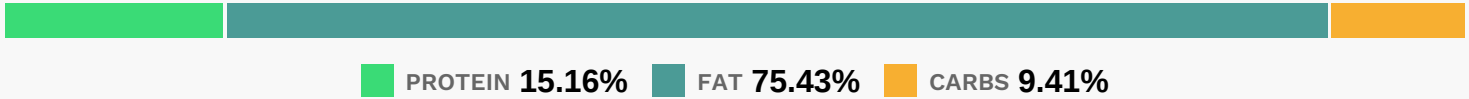
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl combine the bread crumbs, parsley, egg, milk, cheese, sun-dried tomatoes, salt, and pepper, Stir to combine.
- ☐ Add the lamb and stir until incorporated. Divide the mixture into 6 (1-inch) thick burgers.
- ☐ Place the slices of prosciutto on a cutting board or piece of parchment paper.
- ☐ Place 1 lamb burger in the center of each slice of prosciutto and wrap the prosciutto around the burger.
- ☐ Place a large, heavy skillet over medium heat.
- ☐ Add the olive oil and heat for 2 minutes.
- ☐ Place the lamb burgers, prosciutto-covered side down in the pan and cook over medium heat until the prosciutto is golden, about 6 to 8 minutes. Turn the burgers and finish cooking, about 6 to 8 minutes more.
- ☐ Remove the burgers from the pan and place on a serving platter or individual plates. Top each burger with 2 to 3 basil leaves, 1 to 2 slices of tomato, and a drizzle of extra-virgin olive oil and balsamic vinegar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.25, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:24.806956726572%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 772.78kcal (38.64%), Fat: 64.59g (99.37%), Saturated Fat: 19.82g (123.88%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 16.33g (5.94%), Sugar: 6.53g (7.26%), Cholesterol: 151.1mg (50.37%), Sodium: 865.97mg (37.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin K: 95.77µg (91.21%), Vitamin B12: 3.02µg (50.31%), Selenium: 33.33µg (47.62%), Vitamin B3: 8.9mg (44.49%), Phosphorus: 377.94mg (37.79%), Zinc: 4.94mg (32.94%), Vitamin E: 4.5mg (29.99%), Vitamin B2: 0.46mg (26.87%), Vitamin B1: 0.35mg (23.02%), Iron: 4.02mg (22.35%), Calcium: 216.15mg (21.62%), Manganese: 0.39mg (19.34%), Potassium: 642.97mg (18.37%), Magnesium: 58.39mg (14.6%), Copper: 0.29mg (14.56%), Folate: 54.42µg (13.6%), Vitamin A: 675.73IU (13.51%), Vitamin B6: 0.27mg (13.4%), Vitamin B5: 1.32mg (13.25%), Vitamin C: 8.97mg (10.87%), Fiber: 1.78g (7.14%), Vitamin D: 0.56µg (3.71%)