



Rosemary & garlic lamb burgers

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic clove chopped
- ☐ 4 tsp rosemary finely chopped
- ☐ 1 kg ground lamb 10% lean (fat)
- ☐ 8 servings ciabatta rolls french
- ☐ 8 servings mayonnaise
- ☐ 3 balsamic vinegar red with 1 tbsp each balsamic vinegar and olive oil sliced
- ☐ 8 servings tomatoes sliced
- ☐ 1 handful arugula good

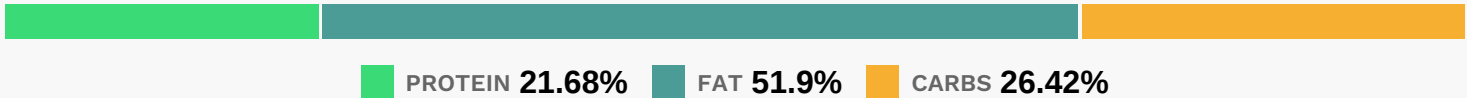
Equipment

- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Crush the garlic, rosemary, 1 tsp salt and -1 tsp pepper with a pestle and mortar to make a paste.
- ☐ Add to the lamb and mix in well with your hands. Dont overwork the meat or you will toughen it.
- ☐ Divide the mixture into 8, then shape into round burgers. If eating now, heat a barbecue or grill and cook for about 8-10 mins, turning frequently, until cooked to your liking. Split the rolls or bread, toast lightly on one side, spread with mayo, then add the burgers and the balsamic onions, tomatoes and rocket.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:8.5665217626678%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 510.65kcal (25.53%), Fat: 29.74g (45.76%), Saturated Fat: 13.2g (82.48%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 30.99g (11.27%), Sugar: 4.87g (5.41%), Cholesterol: 92.93mg (30.98%), Sodium: 406.24mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin A: 1580.16IU (31.6%), Vitamin C: 25.64mg (31.07%), Vitamin K: 23.48µg (22.36%), Iron: 2.48mg (13.8%), Potassium: 445.78mg (12.74%), Fiber: 3.09g (12.35%), Manganese: 0.24mg (11.89%), Vitamin B6: 0.17mg (8.29%), Folate: 31.49µg (7.87%), Vitamin E: 1.11mg (7.43%), Copper: 0.11mg (5.72%), Magnesium: 22.57mg (5.64%), Vitamin B3: 1.09mg (5.44%), Vitamin B1: 0.07mg (4.85%), Phosphorus: 46.98mg (4.7%), Calcium: 42.71mg (4.27%), Vitamin B2: 0.04mg (2.38%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.18mg (1.82%)