



Spicy Lamb Patties



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 4 cloves garlic minced
- ☐ 3 green onions minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound lamb
- ☐ 0.3 teaspoon pepper flakes dried red
- ☐ 4 servings salt and pepper to taste

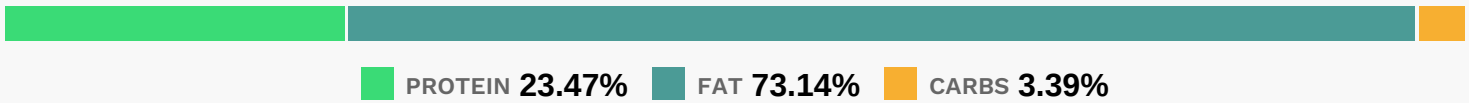
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat the grill for high heat.
- ☐ In a bowl, mix the lamb, green onions, garlic, curry powder, cumin, red pepper, salt and pepper. Form into 4 patties.
- ☐ Lightly oil grill grate. Grill patties 5 minutes on each side, or until done.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:12.922173904336%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 334.24kcal (16.71%), Fat: 26.91g (41.41%), Saturated Fat: 11.61g (72.53%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.3g (0.33%), Cholesterol: 82.78mg (27.59%), Sodium: 266.31mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin B12: 2.62µg (43.66%), Vitamin B3: 6.92mg (34.58%), Selenium: 22.11µg (31.58%), Zinc: 4.03mg (26.85%), Vitamin K: 24.42µg (23.26%), Phosphorus: 194.06mg (19.41%), Iron: 2.74mg (15.23%), Vitamin B2: 0.26mg (15.04%), Vitamin B6: 0.21mg (10.61%), Vitamin B1: 0.14mg (9.53%), Potassium: 323.18mg (9.23%), Manganese: 0.17mg (8.49%), Magnesium: 32.19mg (8.05%), Vitamin B5: 0.76mg (7.63%), Copper: 0.15mg (7.45%), Folate: 28.66µg (7.16%), Vitamin E: 0.67mg (4.49%), Calcium: 42.41mg (4.24%), Fiber: 0.89g (3.56%), Vitamin C: 2.84mg (3.44%), Vitamin A: 148.2IU (2.96%)