



Stuffed Ground Lamb Burgers

READY IN



45 min.

SERVINGS



45

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp chives and parsley fresh chopped
- 4 oz philadelphia cream cheese softened ()
- 1 lb lamb lean
- 1 Tbsp olive oil
- 4 onion sandwich rolls split toasted
- 0.5 tsp pepper
- 1 bunch watercress thick
- 1 Tbsp lea & perrins worcestershire sauce

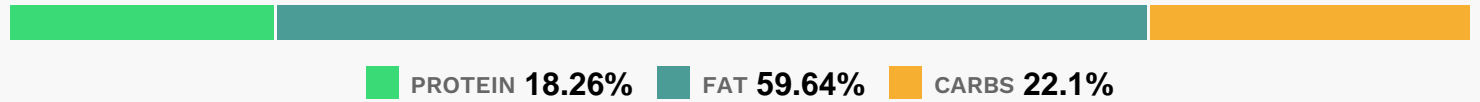
Equipment

frying pan

Directions

- Combine cream cheese and herbs; roll into 4 balls. Flatten each into disk on sheet of waxed paper. Refrigerate 15 min.
- Mix meat, Worcestershire sauce and pepper just until blended; shape into 8 thin patties.
- Place cream cheese disks on 4 patties; cover with remaining patties. Press edges together to seal.
- Heat oil in large skillet on medium heat.
- Add patties; cook 5 to 6 min. on each side or until done (160F).
- Place burgers on bottom halves of rolls; cover with watercress and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.89434782771961%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 52.55kcal (2.63%), Fat: 3.49g (5.36%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.22g (0.25%), Cholesterol: 9.9mg (3.3%), Sodium: 48.39mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Selenium: 2.21µg (3.15%), Iron: 0.34mg (1.87%), Vitamin K: 1.84µg (1.75%), Vitamin B1: 0.03mg (1.71%), Vitamin B2: 0.02mg (1.42%), Manganese: 0.03mg (1.4%), Folate: 5.19µg (1.3%), Vitamin B3: 0.22mg (1.11%), Vitamin A: 54.89IU (1.1%)