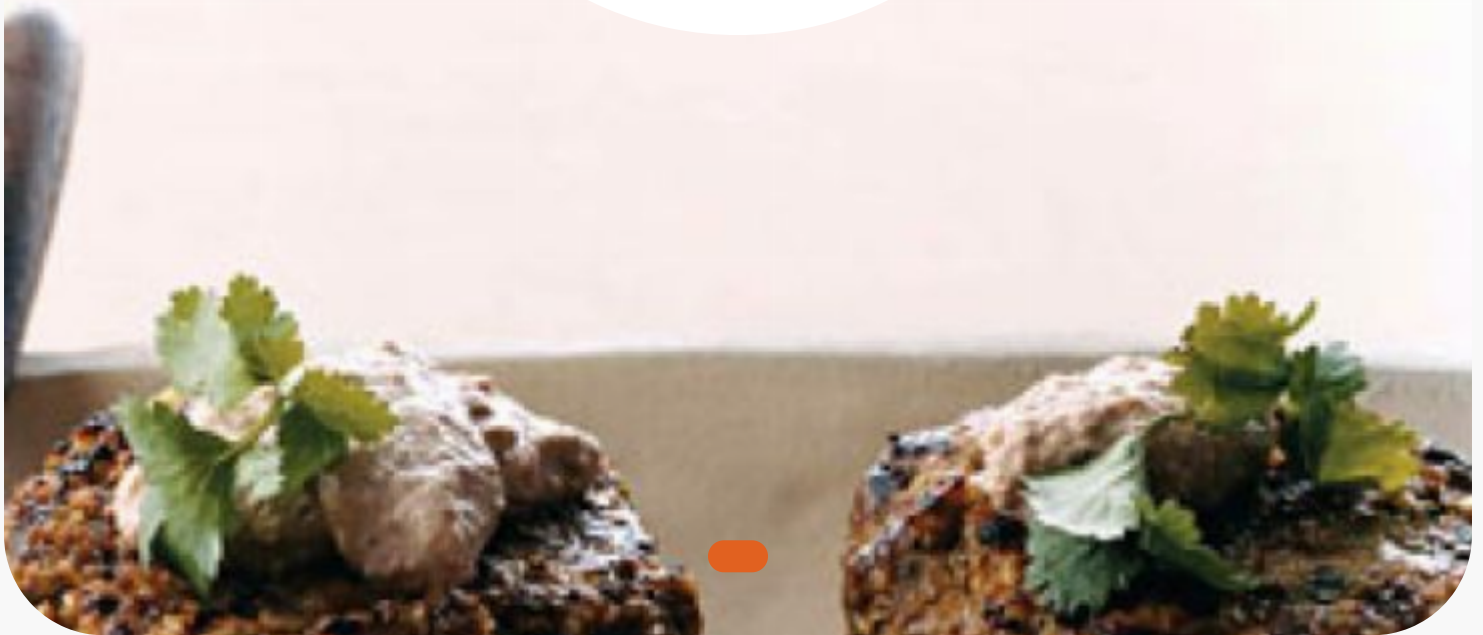




Turkish-Style Lamb Burgers with Walnut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup bulgur
- ☐ 0.1 teaspoon ground pepper
- ☐ 4 servings cilantro leaves fresh
- ☐ 0.3 cup parsley fresh packed
- ☐ 0.3 cup cilantro leaves fresh packed
- ☐ 1 small garlic clove

- ☐ 0.3 teaspoon ground allspice
- ☐ 1 lb lamb
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion quartered
- ☐ 0.5 teaspoon paprika hot (not)
- ☐ 4 4-inch wholewheat pita breads ()
- ☐ 0.1 teaspoon salt
- ☐ 1.5 oz walnuts
- ☐ 0.3 cup water
- ☐ 1 cup water

Equipment

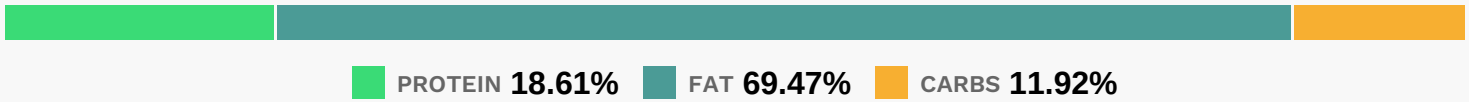
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ sieve
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Pour boiling-hot water over bulgur with 1/2 teaspoon salt in a small bowl and soak 15 minutes, then drain in a sieve.
- ☐ Mince garlic and mash to a paste with salt (1/8 teaspoon) using a large heavy knife, then transfer to a food processor and blend with remaining sauce ingredients until smooth.
- ☐ Transfer to a bowl.
- ☐ Preheat broiler.

- ☐ Pulse onion and herbs in cleaned processor until finely chopped, then transfer to a bowl and stir in bulgur, lamb, paprika, allspice, pepper, cayenne, and remaining 1/4 teaspoon salt until just combined. Form lamb mixture into 4 patties (4 inches in diameter).
- ☐ Arrange pitas on a baking sheet.
- ☐ Brush with oil, then lightly dust with paprika and season with pepper. Broil on lowest rack until toasted, 1 to 3 minutes (watch to prevent burning). Keep pitas warm, loosely covered with foil, while broiling burgers.
- ☐ Oil rack of a broiler pan and heat 4 inches from heat until hot, 3 to 5 minutes.
- ☐ Broil burgers, turning over once, until cooked through, 5 to 7 minutes total.
- ☐ Serve burgers on pitas, topped with sauce.

Nutrition Facts



Properties

Glycemic Index:102.75, Glycemic Load:4.54, Inflammation Score:-7, Nutrition Score:19.943043470383%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 478.44kcal (23.92%), Fat: 37.27g (57.34%), Saturated Fat: 12.75g (79.68%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 10.71g (3.9%), Sugar: 1.6g (1.78%), Cholesterol: 82.78mg (27.59%), Sodium: 155.05mg (6.74%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Vitamin K: 72.19µg (68.75%), Vitamin B12: 2.62µg (43.66%), Manganese: 0.83mg (41.44%), Vitamin B3: 7.63mg (38.15%), Selenium: 22.4µg (32%), Zinc: 4.55mg (30.36%), Phosphorus: 264.02mg (26.4%), Copper: 0.36mg (18.09%), Vitamin B2: 0.29mg (16.84%), Magnesium: 66.84mg (16.71%), Iron: 2.79mg (15.5%), Vitamin B6: 0.3mg (15.01%), Fiber: 3.67g (14.69%), Vitamin B1: 0.21mg (14.03%), Potassium: 428.59mg (12.25%), Folate: 46.35µg (11.59%), Vitamin A: 544.5IU (10.89%), Vitamin C: 8.27mg (10.03%), Vitamin B5: 0.99mg (9.93%), Vitamin E: 0.97mg (6.46%), Calcium: 51.52mg (5.15%)