

Greek Burgers

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-hamburgers-recipe>

Ingredients:

- 1 pound ground lamb
- 5 ounces frozen spinach thawed and drained
- 1 tablespoon olive oil
- 1/2 yellow onion small, chopped
- 3 cloves garlic minced
- 1 1/2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon marjoram dried
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon dried mint
- 1/4 cup flat leaf parsley leaves a generous handful fresh, chopped
- 4 ounces crumbled feta
- kosher salt
- cracked black pepper Fresh
- tomato Sliced vine ripe
- tzatziki sauce
- burger buns
- 335 1/3 tzatziki sauce .html

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 215 milligrams
4. Fat: 72 grams
5. Fiber: 4 grams
6. Protein: 51 grams
7. SaturatedFat: 32 grams

8. Sodium: 1220 milligrams
 9. Sugar: 6 grams
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