

Indian-Spiced Beet Burgers with Lemon-Dill Yogurt Sauce

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-food-rice-dill-recipe>

Ingredients:

- 1 red beet large, peeled and shredded, 3 cups
- 2 cups cooked brown rice
- 1 tablespoon curry powder yellow
- 2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon dill
- 1 teaspoon sea salt or to taste
- 4 cloves garlic roughly chopped
- 1/4 cup coconut oil for cooking
- 1 1/4 cups plain greek yogurt
- 2 teaspoons dried dill
- 1 lemon
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1/4 teaspoon sea salt or to taste
- butter lettuce
- 1 avocado large, sliced
- sprouts

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 10 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams
6. Protein: 7 grams
7. SaturatedFat: 14 grams

8. Sodium: 800 milligrams

9. Sugar: 7 grams

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