

Ultimate Greek Burgers

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound ground meat your choice: beef, pork, lamb, chicken or turkey
- 1/4 cup red onion finely chopped
- 1/4 cup fresh parsley chopped
- 3 tablespoons pine nuts
- 1/4 cup sun-dried tomatoes in oil drained and chopped
- 3 cloves garlic minced
- 1/4 cup crumbled feta cheese
- 2 1/2 tablespoons Greek seasoning Homemade
- 1/2 teaspoon salt
- 2 cups arugula leaves
- 1/2 cup tzatziki sauce Homemade
- sliced tomatoes
- red onions Sliced
- crumbled feta cheese Extra
- 4 hamburger buns lightly toasted

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 90 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 920 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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