Middle Eastern Spiced Burger

Yield: 4 min
Total Time: 85 min

Recipe from: https://www.recipeschoose.com/recipes/middle-east-burger-recipe

Ingredients:

- 1 1/4 pounds ground beef either 85% or 90% lean
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt or to taste
- 1/4 teaspoon baharat optional
- 1 cup greens peppery, such as arugula or spinach
- 4 ounces feta cheese crumbled
- 1/4 cup red onion chopped
- 1/4 cup sauce tahini
- 4 hamburger buns or your favorite rolls

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 120 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 13 grams
8. Sodium: 1000 milligrams
9. Sugar: 6 grams
10. TransFat: 1.5 grams

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