

# Moroccan-Spiced Lamb Burgers

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/alfalfa-sprouts-recipe-indian-style>

## Ingredients:

- 1 1/2 pounds lamb ground lean
- 1 yellow onion finely chopped
- 3/4 cup fresh bread crumbs fine
- 1/4 cup chopped fresh mint
- 2 garlic cloves finely chopped
- 1 teaspoon ground cumin
- 3/4 teaspoon ground coriander
- 3/4 teaspoon salt plus more, to taste
- 1/4 teaspoon ground cayenne pepper
- 1 tomato large, diced
- 3 tablespoons chopped fresh cilantro
- 4 whole wheat pita breads
- 1 cup whole milk yogurt
- 1 cup alfalfa sprouts

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 130 milligrams
4. Fat: 44 grams
5. Fiber: 6 grams
6. Protein: 40 grams
7. SaturatedFat: 18 grams
8. Sodium: 1030 milligrams
9. Sugar: 7 grams

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