

Feta & Sundried Tomato Burgers

Recipe courtesy of <http://www.best-low-carb-recipes.com/>

Makes 6 servings

PER SERVING:

611 Calories

4.3g Carbs

1.0g Fiber

3.3g Net Carbs

47g Protein

45g Fat

(66% Fat, 32% Protein, 2% Carbs)

INGREDIENTS

1 lb ground pork

1 lb ground beef

1 large egg

6 slices bacon, finely chopped

4 oz finely crumbled feta cheese

1/3 cup finely chopped sun dried tomatoes (packed in olive oil)

1-1/2 tsp dried oregano

2 cloves minced garlic

1 tsp each salt and pepper

DIRECTIONS

Thoroughly mix all of the ingredients together.

Shape into 6 burgers, about 8-1/2 oz of meat mixture for each patty.

Grill for 15 minutes per side until internal temperature reaches 160F.

Serve with simple green salad or sliced tomatoes and a dollop of tzatziki sauce or plain sour cream.

Recipe courtesy of <http://www.best-low-carb-recipes.com/>