

*COOKING TIP:* For best results, form into patties and grill approximately 4 inches from heat for 10-15 minutes, turning over halfway through.

*SUGGESTED SEASONINGS:* Garlic • Lemon Pepper • Olive Oil • Mint • Lemon Juice • Oregano • Basil • Worcestershire Sauce • Dijon Mustard • Rosemary

Try our Mediterranean Lamb Burger recipe at [www.superiorfarms.com](http://www.superiorfarms.com).

## Ground Lamb - 80/20

### Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container: varied

Calories 290

Calories from Fat 210

\*Percent Daily Values are based on a 2,000 calorie diet.

Amount Per Serving	% DV*	Amount Per Serving	% DV*
<b>Total Fat</b> 23g	36%	<b>Total Carbohydrate</b> 2g	1%
Saturated Fat 10g	51%	Dietary Fiber 0g	0%
<b>Cholesterol</b> 85mg	29%	Sugars 0g	
<b>Sodium</b> 80mg	3%	<b>Protein</b> 19g	
Vitamin A 2%		Vitamin C 0%	
		Calcium 2%	
		Iron 10%	