



Apple Jack Pork Burgers With Apple-Fennel Marmalade

READY IN



40 min.

SERVINGS



5

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon cider vinegar
- ☐ 3 tablespoons cider vinegar
- ☐ 1 teaspoon mccormick gourmet collection fennel seed divided
- ☐ 0.5 teaspoon mccormick gourmet collection garlic powder
- ☐ 1 large apples i use 2 granny smith apples peeled
- ☐ 1 teaspoon domino granulated sugar

- ☐ 1 pound ground pork lean
- ☐ 5 hamburger buns soft
- ☐ 2 tablespoons brown sugar dark light
- ☐ 0.3 cup mayonnaise
- ☐ 2.5 oz monterrey jack cheese
- ☐ 0.5 teaspoon mccormick gourmet collection onion powder
- ☐ 1 pinch mccormick gourmet collection pepper red crushed
- ☐ 0.3 teaspoon mccormick gourmet collection rubbed sage
- ☐ 0.8 teaspoon salt divided
- ☐ 5 servings salt to taste
- ☐ 0.3 cup water boiling
- ☐ 2 tablespoons irish whiskey

Equipment

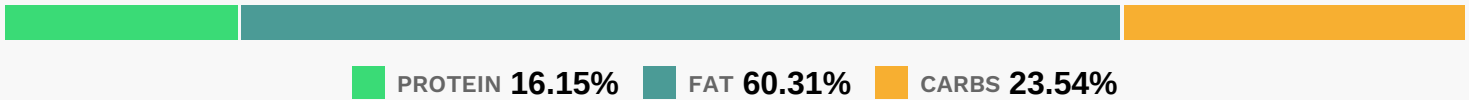
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Cut apple into fourths.
- ☐ Cut core away from each slice. Grate 1 slice into a small bowl; add mayonnaise, granulated sugar, and vinegar, and stir until blended. Season with salt to taste. Finely chop remaining 3 apple slices.
- ☐ Melt butter with oil in a 10-inch skillet over medium-high heat.
- ☐ Add chopped apples, 1/2 tsp. fennel seed, and crushed red pepper, and cook, stirring often, 10 to 12 minutes or until apples turn golden brown. Reduce heat to medium low, and add brown sugar, whiskey, vinegar, and 1/4 tsp. salt. Cook 2 to 3 minutes or until mixture is thickened. (
- ☐ Mixture will be a syrup consistency.)
- ☐ Remove from heat, and keep warm.

- ☐ Combine 1/3 cup boiling water, next 3 ingredients, remaining 1/2 tsp. fennel seed, and remaining 1/2 tsp. salt in a 1-cup glass measuring cup.
- ☐ Let stand 10 to 15 minutes or to room temperature.
- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Combine pork and water mixture in a large bowl until blended and liquid is absorbed. (Do not overwork meat mixture.) Shape mixture into 5 thin patties. (Patties should be no more than 1/2-inch thick.)
- ☐ Grill patties, covered with grill lid, over 350 to 400 (medium-high) heat 4 to 5 minutes on each side or until done. Top each patty with 1 cheese slice during last 1 minute of grilling.
- ☐ Remove from grill, and let stand 5 to 10 minutes.
- ☐ Spread mayonnaise mixture evenly on cut sides of bottom hamburger buns. Top with burgers. Spoon apple mixture evenly over burgers; cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:84.62, Glycemic Load:15.17, Inflammation Score:-4, Nutrition Score:17.074782734332%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 597.15kcal (29.86%), Fat: 38.79g (59.68%), Saturated Fat: 13.18g (82.38%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 32g (11.64%), Sugar: 13.43g (14.92%), Cholesterol: 88.66mg (29.55%), Sodium: 983.78mg (42.77%), Alcohol: 2.16g (100%), Alcohol %: 1.1% (100%), Protein: 23.38g (46.75%), Vitamin B1: 0.91mg (60.86%), Selenium: 36.53µg (52.18%), Vitamin B3: 5.82mg (29.12%), Phosphorus: 278.1mg (27.81%), Vitamin B2: 0.41mg (24.3%), Vitamin K: 23.98µg (22.83%), Vitamin B6: 0.42mg (20.77%), Calcium: 196.07mg (19.61%), Zinc: 2.81mg (18.76%), Manganese: 0.33mg (16.45%), Iron: 2.62mg (14.53%), Vitamin B12: 0.86µg (14.28%), Folate:

49.82μg (12.46%), Potassium: 401.45mg (11.47%), Magnesium: 36.51mg (9.13%), Fiber: 2.07g (8.27%), Vitamin E: 1.16mg (7.72%), Vitamin B5: 0.7mg (6.96%), Copper: 0.12mg (6.03%), Vitamin A: 218.06IU (4.36%), Vitamin C: 3.38mg (4.1%)