



Asian Pork and Mushroom Burger Wraps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup matchstick-size strips bell pepper red
- ☐ 2 heads bibb lettuce separated cored
- ☐ 1 cup matchstick-size strips carrot peeled
- ☐ 1 teaspoon chili sauce hot (such as sriracha)
- ☐ 1 teaspoon coarse kosher salt divided
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 ounces mushroom caps fresh stemmed chopped

- ☐ 2 garlic cloves minced
- ☐ 1.8 pounds ground pork shoulder (Boston butt)
- ☐ 0.5 cup hoisin sauce
- ☐ 2 tablespoons lemongrass minced (from bottom 3 inches of 4 stalks)
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.8 teaspoon cracked pepper black
- ☐ 3 teaspoons asian sesame oil divided
- ☐ 2 tablespoons soya sauce divided
- ☐ 1 tablespoon unseasoned rice vinegar

Equipment

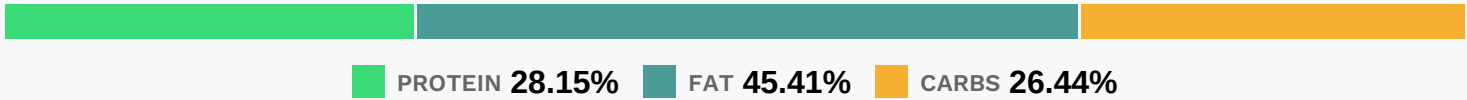
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add lemongrass and garlic; sauté 2 minutes.
- ☐ Add mushrooms.
- ☐ Sprinkle with 1/2 teaspoon coarse salt; sauté until mushrooms are tender, about 4 minutes.
- ☐ Remove from heat; cool in skillet.
- ☐ Place pork in large bowl.
- ☐ Mix in 1 tablespoon soy sauce, 1 teaspoon sesame oil, cracked pepper, and 1/2 teaspoon coarse salt, then fold in mushroom mixture. Using 2 generous tablespoonfuls for each, shape into 18 patties, each about 2 1/4 inches in diameter; arrange on plastic-lined baking sheet.
- ☐ Whisk hoisin sauce, ginger, vinegar, chili sauce, and remaining 1 tablespoon soy sauce and 2 teaspoons sesame oil in small bowl for sauce. DO AHEAD: Burgers and sauce can be made 6 hours ahead. Cover separately; chill.

- ☐
- Spray grill rack with nonstick spray. Prepare barbecue (medium–high heat). Grill burgers until cooked through, about 3 minutes per side. Arrange burgers on platter; set out sauce.
- ☐
- Place lettuce, bell pepper, carrot, and cilantro in separate bowls.
- ☐
- Serve, allowing guests to wrap burgers in lettuce and add sauce and vegetables as desired.
- ☐
- * Available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:47.47, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:24.487391181614%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 267.23kcal (13.36%), Fat: 13.59g (20.9%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 14.76g (5.37%), Sugar: 9.52g (10.58%), Cholesterol: 54.76mg (18.25%), Sodium: 1187.55mg (51.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.9%), Vitamin A: 6214.42IU (124.29%), Vitamin K: 63.26µg (60.25%), Vitamin B1: 0.78mg (52.28%), Vitamin C: 36.58mg (44.34%), Selenium: 25.92µg (37.03%), Vitamin B6: 0.58mg (29.09%), Vitamin B3: 5.39mg (26.97%), Vitamin B2: 0.43mg (25.1%), Phosphorus: 237.52mg (23.75%), Manganese: 0.44mg (22.07%), Zinc: 3.11mg (20.75%), Potassium: 654.69mg (18.71%), Folate: 70.06µg (17.51%), Iron: 2.49mg (13.85%), Vitamin B5: 1.22mg (12.21%), Fiber: 3.03g (12.12%), Vitamin B12: 0.68µg (11.3%), Magnesium: 43.78mg (10.94%), Vitamin E: 1.5mg (10%), Copper: 0.18mg (9.1%), Calcium: 53.35mg (5.34%)