



Barbecued Pork Burgers with Slaw

READY IN



30 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup very carrot shredded finely (1 medium)
- ☐ 0.3 teaspoon cayenne
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 0.5 pound cabbage green cored
- ☐ 1.5 pounds ground pork
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon milk
- ☐ 4 rolls split soft
- ☐ 0.5 cup bottled tomato-based barbecue sauce

- ☐ 1 tablespoon white-wine vinegar divided

Equipment

- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).
- ☐ Thinly slice enough cabbage with slicer to measure 2 cups.
- ☐ Whisk together mayonnaise, milk, and 1 1/2 teaspoons vinegar until smooth, then toss with cabbage, carrots, chives, and salt and pepper to taste.
- ☐ Let coleslaw stand at room temperature, uncovered, while making burgers.
- ☐ Stir together barbecue sauce, cayenne, 1/4 teaspoon salt, and remaining tablespoon vinegar until combined well.
- ☐ Mix together pork, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 2 tablespoons barbecue sauce mixture until combined (do not overmix), then form into 4 (3/4-inch-thick) burgers (4 inches in diameter).
- ☐ Oil grill rack, then grill patties, covered only if using a gas grill, turning over occasionally, until just cooked through, about 6 minutes total.
- ☐ Brush top of each patty with 1 tablespoon barbecue sauce mixture, then turn over and grill 30 seconds.
- ☐ Brush top of each patty with 1 tablespoon barbecue sauce, then turn over and grill 30 seconds more.
- ☐ Brush cut sides of rolls with remaining 1/4 cup barbecue sauce, then sandwich patties and coleslaw between rolls.
- ☐ · Coleslaw can be made 8 hours ahead and chilled, covered. Patties can be formed 1 hour ahead and chilled, covered. If you aren't able to grill outdoors, patties can be cooked in an oiled large (2-burner) ridged grill pan over medium heat, turning over occasionally, until just cooked through, 7 to 9 minutes, then brushed with barbecue sauce and cooked as above.

Nutrition Facts



 PROTEIN **19.23%**  FAT **59.54%**  CARBS **21.23%**

Properties

Glycemic Index:93.46, Glycemic Load:24.94, Inflammation Score:-9, Nutrition Score:28.897391069195%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 747.47kcal (37.37%), Fat: 49.05g (75.46%), Saturated Fat: 15.14g (94.6%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 35.89g (13.05%), Sugar: 8.28g (9.2%), Cholesterol: 128.8mg (42.93%), Sodium: 644.87mg (28.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Vitamin B1: 1.3mg (86.81%), Iron: 12.82mg (71.24%), Vitamin K: 70.59µg (67.23%), Selenium: 42.62µg (60.89%), Vitamin A: 2972.87IU (59.46%), Vitamin B3: 7.99mg (39.96%), Vitamin B6: 0.78mg (39.07%), Phosphorus: 334.11mg (33.41%), Vitamin C: 25.58mg (31.01%), Vitamin B2: 0.46mg (27.14%), Zinc: 3.99mg (26.63%), Potassium: 741.35mg (21.18%), Vitamin B12: 1.23µg (20.46%), Vitamin B5: 1.44mg (14.35%), Fiber: 3.44g (13.77%), Magnesium: 46.88mg (11.72%), Folate: 40.3µg (10.08%), Manganese: 0.17mg (8.58%), Vitamin E: 1.13mg (7.54%), Calcium: 69.28mg (6.93%), Copper: 0.13mg (6.72%)