



 **52%**  
HEALTH SCORE

## BBQ Pork Burger

READY IN



225 min.

SERVINGS



4

CALORIES



1357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon bacon fat
- 1 pound pork butt
- 2 tablespoons butter softened
- 2 tablespoons cajun spice
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- 0.5 cup medium-diced carrots
- 0.5 cup medium-diced celery
- 4 slices wisconsin cheddar
- 3 cups chicken stock see

- 1 cup coleslaw
- 2 pounds ground beef
- 1 cup catsup
- 4 servings kosher salt and ground pepper
- 0.3 cup brown sugar light
- 0.5 cup medium-diced onions
- 1 onion red cut into rings
- 0.3 cup red wine vinegar
- 0.3 cup rice wine vinegar
- 0.5 cup mustard stone-ground
- 4 kaiser buns
- 1 large tomatoes sliced
- 0.5 cup worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- oven
- whisk
- grill
- aluminum foil
- skewers

## Directions

- Mix the BBQ Pulled Pork with the BBQ Sauce and heat in a small pan over medium heat, ensuring not to burn.

- To prepare the patties, sprinkle the ground beef with 1 tablespoon salt and 1 tablespoon pepper.
- Mix well. Divide the beef into 4 burgers to create 5-inch-wide, even burgers. Do not over mix or squish, because this will cause the burgers to be tough.
- To cook the burgers, ladle the bacon fat on a hot flat top grill or in a saute pan over medium-high heat. Once the bacon fat is hot, add the burgers and cook for 4 minutes on the first side, and then flip and repeat the cooking. This should yield a medium burger. For higher cook temperature, finish in a 400 degree F oven to desired temperature. Once cooked to desired temperature, top with the BBQ pork and a slice of cheese. Allow to melt for 1 minute.
- During this time, spread the butter on the buns. Then place the buttered side on the flat top or in the pan to brown the butter; this will create "sealed" bread to build the burger on.
- Begin assembling the burger. Take the buns off the grill and place 1/4 cup slaw on each cooked bottom bun, then a tomato slice, 2 red onions and the burger patty. Finish with the top bun. A skewer can be placed to hold the burger together.
- To prepare the pork, preheat the oven to 275 degrees F. Then sprinkle the pork with the Cajun spice and place in a 6-inch-deep casserole or roasting dish. Next, add the stock, vinegar and vegetables. Cover with foil and place in the oven for 3 hours. Once cooked, remove the pork and allow to cool. Then pick or shred the meat.
- In a bowl, whisk together the ketchup, mustard, Worcestershire sauce, sugar, vinegar and spice. Then, in a small saucepan over low heat, cook for 10 to 12 minutes to blend the flavors, stirring throughout. Once cooked, remove from the heat and hold. The BBQ sauce yields 2 cups.

## Nutrition Facts



**PROTEIN 23.19%** **FAT 48.77%** **CARBS 28.04%**

## Properties

Glycemic Index:119.21, Glycemic Load:25.64, Inflammation Score:-10, Nutrition Score:56.284782927969%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg

## Nutrients (% of daily need)

Calories: 1356.75kcal (67.84%), Fat: 73.36g (112.87%), Saturated Fat: 28.76g (179.74%), Carbohydrates: 94.92g (31.64%), Net Carbohydrates: 87.46g (31.8%), Sugar: 47.11g (52.34%), Cholesterol: 269.84mg (89.95%), Sodium: 2504.24mg (108.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.48g (156.96%), Vitamin A: 7282.27IU (145.65%), Selenium: 87.14µg (124.48%), Iron: 21.41mg (118.93%), Vitamin B12: 6.08µg (101.29%), Zinc: 15.1mg (100.69%), Vitamin B3: 19.98mg (99.89%), Vitamin B6: 1.87mg (93.26%), Phosphorus: 848.02mg (84.8%), Vitamin B2: 1.3mg (76.31%), Vitamin B1: 0.97mg (64.91%), Potassium: 2172.06mg (62.06%), Vitamin B5: 3.53mg (35.26%), Vitamin K: 36.47µg (34.73%), Vitamin E: 5.04mg (33.58%), Magnesium: 132.73mg (33.18%), Calcium: 322.09mg (32.21%), Copper: 0.62mg (31.07%), Vitamin C: 25.04mg (30.35%), Fiber: 7.47g (29.87%), Manganese: 0.55mg (27.37%), Folate: 73.56µg (18.39%), Vitamin D: 1.1µg (7.31%)