



Bluegrass Burgers with Sweet Roasted Corn Chow-Chow and Country Ham Spread

READY IN



55 min.

SERVINGS



6

CALORIES



1072 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 12 bibb lettuce leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 stalk celery minced
- ☐ 1.5 teaspoons celery seeds
- ☐ 1 cup country ham diced
- ☐ 0.8 cup cream cheese softened

- ☐ 1 tablespoon mustard dry
- ☐ 3 ears corn yellow
- ☐ 2 teaspoons garlic salt
- ☐ 0.5 bell pepper diced green
- ☐ 0.3 cup green onions sliced
- ☐ 2 pounds ground beef
- ☐ 6 hamburger buns
- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon olive oil
- ☐ 0.5 bell pepper diced red
- ☐ 0.5 onion red minced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter salted softened
- ☐ 0.3 cup sorghum syrup
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon turmeric
- ☐ 6 servings vegetable oil for brushing on grill rack
- ☐ 0.5 cup water
- ☐ 2 tablespoons worcestershire sauce

Equipment

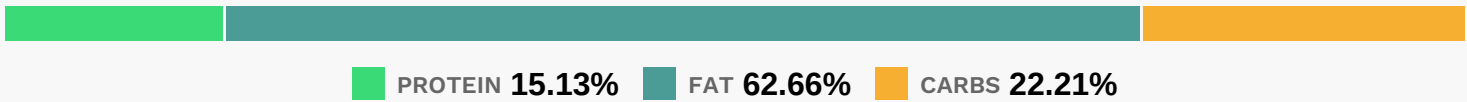
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ grill
- ☐ slotted spoon

☐ cutting board

Directions

- ☐ Prepare a medium-hot fire in a charcoal grill or preheat a gas grill to medium-high heat.
- ☐ To make roasted corn chow-chow, rub the shucked ears of corn with olive oil. Put on the grill and cook, turning often, until the corn is slightly charred and still crisp, about 5 to 7 minutes.
- ☐ Remove from heat to a cutting board and cool. Meanwhile, combine the vinegar, water, sorghum, sugar, dry mustard, celery seed, and turmeric in a medium saucepan and set the pan on the grill. Bring to a simmer to dissolve sugar.
- ☐ Cut the kernels off the corn ears and add to a bowl with the diced green bell pepper, red bell pepper, red onion, and celery.
- ☐ Pour the vinegar and spice mixture over the vegetables, and season with salt. Set aside to pickle.
- ☐ To make country ham salad, combine the ham, cream cheese, green onions, salt, pepper, and hot sauce in a bowl and stir with a wooden spoon to combine. Alternatively, all the ingredients can be put into the bowl of a standing electric mixer and gently combined using the paddle attachment.
- ☐ To make patties, combine the ground chuck, Worcestershire sauce, garlic salt, and pepper in a bowl. Divide mixture into 6 portions and gently form into patties.
- ☐ Brush the grill rack with vegetable oil. Arrange the patties on the grill and cook, turning once, approximately 5 to 7 minutes per side for medium, or until desired doneness.
- ☐ Spread the cut side of each bun half with 1/2 tablespoon butter and grill 1 to 2 minutes, until golden brown.
- ☐ To assemble, spread the bottom half of each bun with a generous helping of ham salad. Top each with 2 Bibb lettuce leaves and a burger. Using a slotted spoon, drain a scoop of chow-chow and put on top of the patties. Cover with the bun tops and enjoy!

Nutrition Facts



Properties

Glycemic Index:75.18, Glycemic Load:25.59, Inflammation Score:-10, Nutrition Score:33.634783060654%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 4.41mg, Luteolin: 4.41mg, Luteolin: 4.41mg, Luteolin: 4.41mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 1072.46kcal (53.62%), Fat: 74.95g (115.31%), Saturated Fat: 29.01g (181.3%), Carbohydrates: 59.76g (19.92%), Net Carbohydrates: 56.1g (20.4%), Sugar: 26.02g (28.91%), Cholesterol: 180.58mg (60.19%), Sodium: 1986.74mg (86.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.73g (81.46%), Vitamin K: 77.21µg (73.53%), Selenium: 45.51µg (65.01%), Vitamin B12: 3.56µg (59.29%), Vitamin B3: 10.74mg (53.68%), Zinc: 7.84mg (52.24%), Phosphorus: 470.15mg (47.02%), Vitamin A: 2239.3IU (44.79%), Vitamin B1: 0.59mg (39.17%), Vitamin B6: 0.78mg (38.82%), Iron: 6.72mg (37.31%), Vitamin C: 29.68mg (35.97%), Manganese: 0.69mg (34.74%), Vitamin B2: 0.57mg (33.36%), Potassium: 978.42mg (27.95%), Folate: 110.58µg (27.64%), Vitamin E: 3.28mg (21.86%), Magnesium: 79.15mg (19.79%), Calcium: 169.98mg (17%), Vitamin B5: 1.5mg (15.01%), Fiber: 3.66g (14.64%), Copper: 0.25mg (12.68%), Vitamin D: 0.31µg (2.1%)