



HEALTH SCORE

51%

Buffalo Burger With Red Cabbage Slaw

READY IN



30 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pinch pepper black freshly ground
- ☐ 4 servings burger
- ☐ 4 servings cabbage slaw red
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup carrots shredded
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 pound ground buffalo (bison)

- ☐ 16 ounces gruyere cheese ()
- ☐ 4 hamburger buns
- ☐ 2 teaspoons honey
- ☐ 1.5 tablespoons catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.3 cup pickled okra diced finely
- ☐ 4 servings pickled okra russian dressing
- ☐ 4 cups cabbage shredded red
- ☐ 3 tablespoons onion red finely chopped
- ☐ 0.3 cup rice wine vinegar

Equipment

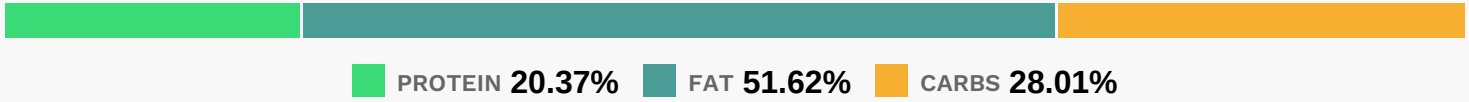
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine dressing ingredients; cover and refrigerate for at least 30 minutes.
- ☐ Whisk together vinegar, honey, oil, salt, and pepper in a large bowl.
- ☐ Add cabbage and carrot; toss to combine.
- ☐ Let sit at room temperature for at least 15 minutes.
- ☐ Prepare grill.
- ☐ Form the ground buffalo into 4 (1/2-inch) thick patties. Season with salt and pepper. Grill 34 minutes or until golden brown. Flip the burgers, and continue cooking them 3 more minutes or until a meat thermometer reaches 160 (medium).
- ☐ Place a slice of Gruyere on each burger, close grill lid. Cook about 1 minute or until cheese begins to melt.

- ☐
- Spread 1 tablespoon of the Pickled Okra Russian Dressing on tops and bottoms of each bun.
- ☐
- Place a burger on the bottom half of each bun, top with Red Cabbage Slaw, and cover with top of bun.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:139.03, Glycemic Load:29.74, Inflammation Score:-10, Nutrition Score:39.596521667812%

Flavonoids

Cyanidin: 188.85mg, Cyanidin: 188.85mg, Cyanidin: 188.85mg, Cyanidin: 188.85mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 871.91kcal (43.6%), Fat: 50.08g (77.05%), Saturated Fat: 23.43g (146.42%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 56.27g (20.46%), Sugar: 16.61g (18.45%), Cholesterol: 129.22mg (43.07%), Sodium: 1742.2mg (75.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.47g (88.94%), Calcium: 1341.2mg (134.12%), Vitamin A: 5104.47IU (102.09%), Vitamin K: 100.23µg (95.45%), Phosphorus: 830.71mg (83.07%), Vitamin C: 61.04mg (73.98%), Selenium: 42.72µg (61.02%), Manganese: 0.95mg (47.37%), Vitamin B1: 0.65mg (43.66%), Vitamin B2: 0.67mg (39.5%), Zinc: 5.49mg (36.61%), Vitamin B12: 1.99µg (33.11%), Folate: 128.82µg (32.2%), Iron: 4.32mg (23.98%), Magnesium: 92.66mg (23.16%), Vitamin B3: 4.58mg (22.88%), Vitamin B6: 0.42mg (20.98%), Fiber: 4.89g (19.55%), Potassium: 577.54mg (16.5%), Vitamin E: 2.14mg (14.28%), Copper: 0.2mg (9.78%), Vitamin B5: 0.91mg (9.1%), Vitamin D: 0.68µg (4.54%)