



# Buffalo Burgers with Raisin-Garlic Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon flat-leaf parsley minced
- 2 garlic cloves minced
- 2 pounds ground buffalo
- 4 hamburger buns toasted
- 0.5 cup mayonnaise
- 0.3 cup pinenuts
- 2 tablespoons raisins chopped
- 4 servings romaine lettuce leaves for serving

- 4 servings salt and pepper freshly ground
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil

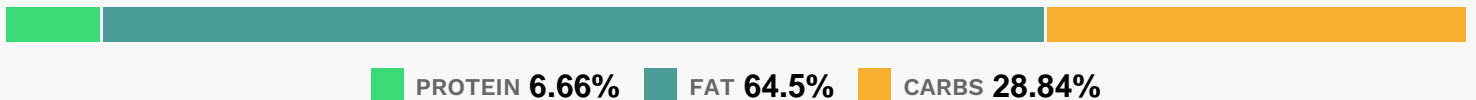
## Equipment

- bowl
- frying pan

## Directions

- In a small bowl, combine the mayonnaise, raisins, garlic and parsley. Season with salt and pepper.
- Heat a large cast-iron skillet.
- Add the pine nuts and cook over low heat, stirring a few times, until well browned, about 5 minutes; let cool. In a large bowl, gently mix the ground buffalo with the pine nuts. Pat the meat into 4 burgers. Rub each burger with some of the soy sauce and season with salt and pepper.
- In the skillet, heat the oil just until smoking.
- Add the burgers and cook over high heat until browned, crusty and rare, about 2 minutes per side.
- Serve the burgers on the buns with lettuce and the raisin-garlic mayonnaise.
- Make Ahead: The mayonnaise can be refrigerated for up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:61.95, Glycemic Load:16.3, Inflammation Score:-10, Nutrition Score:21.809130580529%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.9mg, Quercetin:

1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

## **Nutrients (% of daily need)**

Calories: 439.16kcal (21.96%), Fat: 32.11g (49.4%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 28.82g (10.48%), Sugar: 4.7g (5.23%), Cholesterol: 11.76mg (3.92%), Sodium: 845.26mg (36.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin K: 162.05µg (154.34%), Vitamin A: 7508.95IU (150.18%), Manganese: 1.18mg (59.19%), Folate: 162.89µg (40.72%), Vitamin B1: 0.34mg (22.87%), Selenium: 13.03µg (18.62%), Iron: 3.22mg (17.87%), Vitamin E: 2.22mg (14.79%), Fiber: 3.48g (13.93%), Phosphorus: 137.68mg (13.77%), Vitamin B2: 0.23mg (13.66%), Vitamin B3: 2.72mg (13.59%), Magnesium: 48.18mg (12.04%), Copper: 0.24mg (11.96%), Potassium: 401.39mg (11.47%), Calcium: 100.78mg (10.08%), Zinc: 1.16mg (7.71%), Vitamin C: 6.23mg (7.55%), Vitamin B6: 0.14mg (7.14%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.12µg (1.99%)