



Burger Al Pastor

 Dairy Free

READY IN



73 min.

SERVINGS



8

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons marjoram dried crumbled
- ☐ 2 pounds extra-lean ground pork
- ☐ 1 cup cilantro leaves fresh
- ☐ 2 cloves garlic peeled
- ☐ 0.3 teaspoon ground pepper
- ☐ 6 guajillo chiles dried stemmed seeded
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons oregano dried crumbled

- ☐ 1 pineapple cored peeled sliced into 1/ rounds
- ☐ 0.5 cup pineapple juice sweetened
- ☐ 1 teaspoon salt
- ☐ 8 sesame seed hamburger buns
- ☐ 8 servings vegetable oil
- ☐ 1 small onion white divided chopped

Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

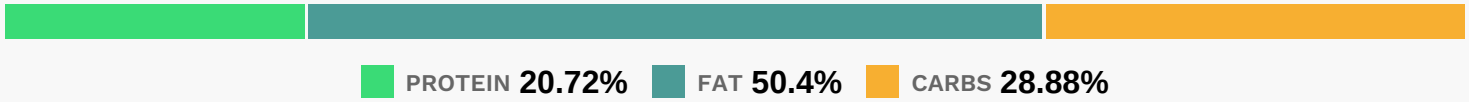
Directions

- ☐ Watch how to make this recipe.
- ☐ Drain the soaked chiles and put them in a blender with the marjoram, oregano, garlic, 1/4 of the chopped onion and the pineapple juice and puree until smooth.
- ☐ Add the salt and pepper.
- ☐ Mix to combine.
- ☐ Put the pork in large bowl and pour the marinade on top. Using a fork, mix well. Cover with plastic wrap and refrigerate for 30 minutes.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Divide the pork mixture into 8 equal portions. Shape each portion into a 1/2-inch thick patty.
- ☐ Oil the grill pan. Working in batches, grill the burgers until cooked through, 6 to 8 minutes per side.
- ☐ Transfer the burgers to a plate and cover with aluminum foil to keep warm.
- ☐ Let rest for about 8 minutes.

- ☐
- Meanwhile, brush the grill pan with oil and grill the pineapple slices until golden brown, 2 minutes per side.

☐☐

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:21.66, Inflammation Score:-9, Nutrition Score:28.542608528034%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 572.4kcal (28.62%), Fat: 32.16g (49.47%), Saturated Fat: 6.73g (42.05%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 37.87g (13.77%), Sugar: 17.28g (19.2%), Cholesterol: 76.19mg (25.4%), Sodium: 669.75mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Manganese: 1.46mg (72.96%), Vitamin C: 58.37mg (70.75%), Vitamin K: 64.24µg (61.18%), Selenium: 32.03µg (45.76%), Vitamin B3: 8.89mg (44.46%), Vitamin B12: 2.64µg (44.03%), Zinc: 6.33mg (42.21%), Vitamin B6: 0.66mg (33.18%), Phosphorus: 290.36mg (29.04%), Iron: 5mg (27.78%), Vitamin B1: 0.39mg (25.77%), Vitamin B2: 0.39mg (23.04%), Potassium: 672.35mg (19.21%), Folate: 74.87µg (18.72%), Vitamin A: 917.25IU (18.35%), Vitamin E: 2.29mg (15.26%), Copper: 0.29mg (14.58%), Fiber: 3.59g (14.36%), Magnesium: 55.65mg (13.91%), Vitamin B5: 1.06mg (10.59%), Calcium: 103.98mg (10.4%)