



Cajun Pork Burgers

READY IN

ready

29 min.

SERVINGS

servings

5

CALORIES

calories

548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound andouille
- ☐ 1 rib celery finely chopped
- ☐ 0.5 cup chili sauce
- ☐ 5 servings coarse salt and pepper black
- ☐ 4 sprigs thyme leaves dried fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 bell pepper green finely chopped
- ☐ 1 pound ground pork
- ☐ 5 hearts of romaine ripe sliced

- ☐ 5 servings serving suggestion: bean salad red
- ☐ 0.3 cup pepper relish sweet red prepared (3 well-rounded tablespoons)
- ☐ 1 teaspoon cayenne pepper sauce
- ☐ 0.3 cup reduced fat mayonnaise (3 well-rounded tablespoons)
- ☐ 1 small onion white boiling finely chopped (onion)

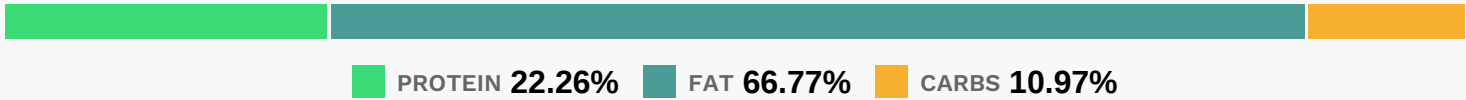
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Cut sausage into large chunks and place in a food processor. Grind sausage into crumbles.
- ☐ Combine ground sausage with pork, vegetables, garlic, thyme, hot sauce and a little salt and pepper. Form mixture into patties and cook 7 minutes on each side on an indoor electric grill preheated to high. To cook in a skillet, heat a nonstick skillet over medium high heat and cook burgers 6 to 7 minutes on each side. For outdoor grill, cook patties 6-inches from hot coals or over medium high gas heat 6 minutes on each side, covered.
- ☐ Mix chili sauce, mayonnaise, and sweet relish in a small bowl.
- ☐ Serve burgers on crusty rolls with special sauce, lettuce, and tomato.
- ☐ Serve with red bean salad and Cajun oven fries.
- ☐ P.S. Don't forget a cold beer for Pop!

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:32.236956326858%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 548.28kcal (27.41%), Fat: 40.85g (62.84%), Saturated Fat: 13.65g (85.3%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 10.85g (3.94%), Sugar: 7.51g (8.34%), Cholesterol: 125.62mg (41.87%), Sodium: 1274.43mg (55.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Vitamin A: 10580.73IU (211.61%), Vitamin K: 140.98µg (134.26%), Vitamin B1: 0.97mg (64.88%), Selenium: 37.89µg (54.13%), Vitamin B3: 9.15mg (45.76%), Folate: 174.75µg (43.69%), Vitamin C: 31.38mg (38.04%), Vitamin B6: 0.72mg (35.78%), Phosphorus: 325.92mg (32.59%), Potassium: 977.76mg (27.94%), Zinc: 4.12mg (27.5%), Vitamin B2: 0.45mg (26.76%), Iron: 4.12mg (22.9%), Vitamin B12: 1.3µg (21.7%), Manganese: 0.34mg (16.99%), Fiber: 4.24g (16.98%), Magnesium: 54.75mg (13.69%), Vitamin B5: 1.35mg (13.5%), Vitamin E: 1.9mg (12.67%), Copper: 0.21mg (10.64%), Calcium: 89.59mg (8.96%), Vitamin D: 0.95µg (6.35%)