



## Cajun Pork Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 1.5 cups bell pepper frozen (from 1-pound bag)
- 0.5 cup celery sliced
- 2 tablespoons parsley fresh chopped
- 1 pound ground pork
- 2 tablespoons chili sauce
- 0.5 teaspoon garlic salt
- 0.3 teaspoon thyme leaves dried

- 0.1 teaspoon ground pepper red (cayenne)
- 4 sandwich rolls

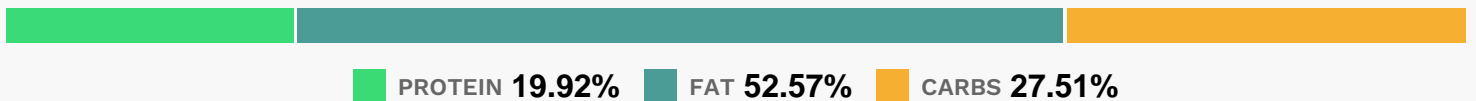
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 375°.
- Heat oil in 10-inch nonstick skillet over medium-high heat. Cook frozen bell pepper mixture and celery in oil 3 to 4 minutes, stirring occasionally, until tender. Stir in parsley; remove from skillet. Cover to keep warm.
- Mix pork, chili sauce, garlic salt, thyme and red pepper. Shape mixture into 4 oval patties, 1/2 inch thick. Cook patties in hot skillet over medium heat 8 to 10 minutes, turning once, until no longer pink in center.
- Place buns, cut sides up, on ungreased cookie sheet.
- Bake 3 to 5 minutes or until toasted.
- Serve patties on buns topped with vegetables.

## Nutrition Facts



## Properties

Glycemic Index:43.25, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:27.493912904159%

## Flavonoids

Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 519.54kcal (25.98%), Fat: 30.12g (46.34%), Saturated Fat: 9.84g (61.47%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 32.49g (11.82%), Sugar: 4.55g (5.05%), Cholesterol: 81.65mg (27.22%), Sodium: 778.25mg (33.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.37%), Vitamin C: 76.81mg (93.11%), Vitamin B1: 1.14mg (76.27%), Selenium: 50.38µg (71.97%), Vitamin K: 46.27µg (44.07%), Vitamin A: 2065.5IU (41.31%), Vitamin B3: 8.08mg (40.39%), Vitamin B6: 0.64mg (32.1%), Vitamin B2: 0.52mg (30.65%), Phosphorus: 278.38mg (27.84%), Folate: 93.9µg (23.48%), Zinc: 3.22mg (21.5%), Iron: 3.35mg (18.59%), Manganese: 0.36mg (17.82%), Potassium: 578.64mg (16.53%), Vitamin B12: 0.79µg (13.23%), Vitamin B5: 1.21mg (12.08%), Fiber: 2.97g (11.87%), Magnesium: 47.23mg (11.81%), Vitamin E: 1.61mg (10.75%), Copper: 0.17mg (8.59%), Calcium: 84.03mg (8.4%)