



Cajun Pork Burgers with Spicy Remoulade Sauce

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cajun spice
- 1 teaspoon cajun spice
- 1 tablespoon capers chopped
- 1.5 pounds ground pork
- 4 servings hamburger buns
- 1 teaspoon horseradish prepared
- 1 teaspoon hot sauce

- 3 dashes hot sauce
- 4 servings lettuce for garnish
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 2 scallions green thinly sliced
- 1 cup tartar sauce

Equipment

- bowl
- frying pan
- mixing bowl
- plastic wrap
- grill

Directions

- For the Remoulade Sauce: Prepare sauce by combining all sauce ingredients in a small bowl. Refrigerate covered for 1 hour while flavors meld.
- For the burgers: In a large mixing bowl, combine ground pork, Cajun seasoning, scallions, hot sauce, and salt and pepper, to taste. Wet your hands to prevent sticking and shape into 4 patties slightly larger than the size of the buns. Cover with plastic wrap and set aside in refrigerator if not cooking immediately.
- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- Place burgers on hot oiled grill and cook 5 to 6 minutes per side or until desired doneness.
- Serve hot on toasted buns with lettuce, tomato, onions, and a dollop of the Remoulade Sauce.
- INDOOR: Prepare burgers as directed.
- Heat 2 tablespoons of oil in a large skillet or frying pan over medium-high heat. When oil is hot add burgers and cook 6 to 8 minutes per side or until done.

Nutrition Facts



■ PROTEIN 19.83% ■ FAT 60.96% ■ CARBS 19.21%

Properties

Glycemic Index:55.75, Glycemic Load:13.6, Inflammation Score:-8, Nutrition Score:28.916521735813%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 708.02kcal (35.4%), Fat: 47.54g (73.14%), Saturated Fat: 15.69g (98.06%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 30.47g (11.08%), Sugar: 7.76g (8.62%), Cholesterol: 126.39mg (42.13%), Sodium: 1072.36mg (46.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.59%), Vitamin B1: 1.54mg (102.39%), Selenium: 54.38µg (77.69%), Vitamin K: 66.91µg (63.72%), Vitamin B3: 9.62mg (48.1%), Vitamin B6: 0.8mg (39.81%), Phosphorus: 378.81mg (37.88%), Vitamin B2: 0.6mg (35.46%), Vitamin A: 1725.45IU (34.51%), Zinc: 4.4mg (29.33%), Manganese: 0.51mg (25.38%), Iron: 4.11mg (22.84%), Potassium: 780.87mg (22.31%), Vitamin B12: 1.29µg (21.46%), Folate: 83.76µg (20.94%), Magnesium: 58.49mg (14.62%), Vitamin B5: 1.33mg (13.25%), Fiber: 3.23g (12.94%), Calcium: 128.66mg (12.87%), Vitamin E: 1.93mg (12.84%), Copper: 0.19mg (9.58%), Vitamin C: 7.88mg (9.55%)