



 **57%**  
HEALTH SCORE

## Chiang Mai Pork Patties

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**5**

CALORIES



**374 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 boston lettuce leaves
- 14 cups cilantro leaves fresh finely chopped
- 0.7 cup cilantro leaves fresh
- 0.7 cup mint leaves fresh
- 1 tablespoon galangal fresh minced peeled
- 3 garlic cloves minced
- 1.3 pounds ground pork
- 2 tablespoons kaffir lime leaves minced thinly sliced

- 2 tablespoons lemongrass fresh minced peeled
- 10 lime wedges
- 0.8 teaspoon salt
- 0.5 cup shallots coarsely chopped
- 3 thai bird chiles fresh red minced

## Equipment

- food processor
- bowl
- grill pan

## Directions

- Combine pork and salt in a medium bowl; toss to combine.
- Place shallots in a food processor, and pulse until finely chopped.
- Add chopped cilantro and next 5 ingredients (through chiles); process until mixture is finely chopped.
- Add pork mixture; pulse 5 times or until mixture is well combined.
- Using wet hands, shape mixture into 15 (1-inch-thick) patties (about 2 tablespoons per patty).
- Heat a large grill pan over high heat.
- Add half of the pork patties. Cook for 5 minutes on each side or until done. Repeat the procedure with remaining patties. Arrange 3 lettuce leaves and 3 pork patties on each of 5 plates, and serve each serving with about 1/4 cup herbs and 2 lime wedges.
- Wine Notes: Try a light, crisp white to balance out the fiery chiles. Weingut Fred Loimer, Lois, Grner Veltliner 2010 (\$1
- has plenty of refreshing acidity, plus a two-pronged hit of citrus aromas and spicy flavors that measure up to the sliders' aromatic lemongrass and galangal. --Scott Jones

## Nutrition Facts



PROTEIN 23.87%  FAT 58.61%  CARBS 17.52%

## Properties

Glycemic Index:34.2, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:28.740434563678%

## Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 16.09mg, Hesperetin: 16.09mg, Hesperetin: 16.09mg, Hesperetin: 16.09mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 26.5mg, Quercetin: 26.5mg, Quercetin: 26.5mg, Quercetin: 26.5mg

## Nutrients (% of daily need)

Calories: 373.88kcal (18.69%), Fat: 24.82g (38.19%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 12.55g (4.56%), Sugar: 3.44g (3.82%), Cholesterol: 81.65mg (27.22%), Sodium: 442.32mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.49%), Vitamin K: 192.22µg (183.07%), Vitamin A: 4960.73IU (99.21%), Vitamin B1: 0.92mg (61.6%), Selenium: 29.31µg (41.87%), Vitamin C: 34.46mg (41.76%), Vitamin B6: 0.68mg (33.86%), Vitamin B3: 5.88mg (29.42%), Manganese: 0.58mg (28.86%), Phosphorus: 266.96mg (26.7%), Potassium: 860.64mg (24.59%), Vitamin B2: 0.41mg (23.83%), Folate: 87.5µg (21.88%), Zinc: 3.1mg (20.65%), Iron: 3.42mg (18.99%), Fiber: 4.15g (16.59%), Magnesium: 54.24mg (13.56%), Vitamin B12: 0.79µg (13.23%), Vitamin B5: 1.28mg (12.75%), Copper: 0.25mg (12.25%), Calcium: 103.61mg (10.36%), Vitamin E: 1.36mg (9.07%)