



Cuban Burgers

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful cilantro leaves chopped ()
- ☐ 0.5 teaspoon cumin toasted (and ground)
- ☐ 4 teaspoons dijon mustard
- ☐ 8 slices dill pickle
- ☐ 2 cloves garlic chopped ()
- ☐ 1.5 pounds ground pork
- ☐ 4 hamburger buns
- ☐ 1 teaspoon lime zest

- ☐ 4 tablspoons mayonnaise
- ☐ 0.5 teaspoon oregano
- ☐ 4 cloves roasted garlic mashed ()
- ☐ 4 servings salt and pepper to taste
- ☐ 4 slices ham smoked
- ☐ 8 slices swiss cheese

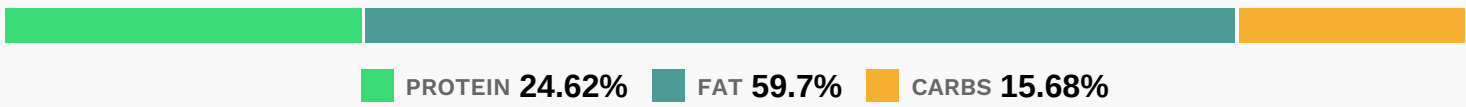
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix the garlic, cilantro, lime zest, oregano, cumin, salt and pepper into the pork.
- ☐ Form the pork into 4 patties about 3/4 of an inch thick.
- ☐ Grill (or broil or pan fry) the burgers until cooked, about 3–5 minutes per side.
- ☐ Mix the roasted garlic and into the mayonnaise.
- ☐ Assemble burgers and enjoy.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:13.47, Inflammation Score:-8, Nutrition Score:34.82086964316%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 777.47kcal (38.87%), Fat: 51.37g (79.02%), Saturated Fat: 20.58g (128.62%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 26g (9.45%), Sugar: 7.27g (8.08%), Cholesterol: 164.59mg (54.86%), Sodium: 3387.17mg (147.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.67g (95.34%), Vitamin B1: 1.65mg (109.96%), Selenium: 66.17µg (94.53%), Phosphorus: 649.47mg (64.95%), Vitamin K: 61.07µg (58.16%), Calcium: 576.48mg (57.65%), Vitamin B2: 0.82mg (48.2%), Vitamin B3: 9.63mg (48.15%), Vitamin B6: 0.87mg (43.62%), Zinc: 6.37mg (42.49%), Vitamin B12: 2.3µg (38.41%), Potassium: 1007.38mg (28.78%), Manganese: 0.52mg (26.2%), Iron: 4.44mg (24.67%), Magnesium: 87.06mg (21.76%), Folate: 78.6µg (19.65%), Vitamin A: 941.6IU (18.83%), Fiber: 4.36g (17.43%), Vitamin B5: 1.49mg (14.9%), Copper: 0.29mg (14.71%), Vitamin C: 10.12mg (12.27%), Vitamin E: 0.83mg (5.51%)