



## Cuban Fritas (Seasoned Cheeseburgers with Shoestring Potatoes and Spicy Sauce)

READY IN



45 min.

SERVINGS



4

CALORIES



2856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 quart canola oil
- ☐ 2 teaspoons garlic clove divided finely minced
- ☐ 12 ounces ground beef
- ☐ 1 tablespoon ground cumin divided
- ☐ 8 ounces ground pork
- ☐ 4 hawaiian rolls toasted
- ☐ 0.3 cup catsup
- ☐ 4 servings kosher salt

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings lettuce shredded sliced
- ☐ 1 tablespoon paprika divided
- ☐ 4 servings pepper jack cheese sliced
- ☐ 1 potatoes with a mandoline or by hand peeled cut into 1/8th inch matchsticks
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon vinegar white

## Equipment

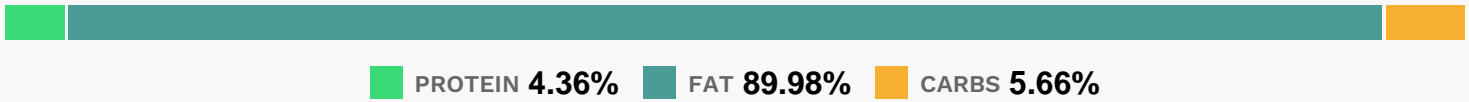
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ stove
- ☐ wok
- ☐ tongs

## Directions

- ☐ Rinse cut potatoes in a bowl of cold water, changing water as necessary until water runs clear.
- ☐ Drain carefully and dry on paper towels.
- ☐ In a deep cast iron skillet, fryer, or wok, heat oil to 350°F. Carefully lower potatoes into oil. Cook potatoes without moving, adjusting heat to maintain temperature, until bubbles from potatoes slow down and potatoes are a pale golden blond, about 3 minutes. Continue cooking, agitating potatoes occasionally with a metal spider or tongs until potatoes are deep golden brown, about 3 minutes longer. Carefully transfer potatoes to a paper towel-lined bowl and season immediately with salt. Allow to cool completely. After cooling, potatoes can be stored in an airtight container at room temperature for up to 3 days.
- ☐ In a small bowl, combine ketchup, mayonnaise, 1 teaspoon cumin, 1 teaspoon paprika, 1 clove of garlic, vinegar, and sugar. Season to taste with salt and pepper. Set aside.

- ☐ Combine beef, pork, remaining cumin, remaining garlic, and remaining paprika in a large bowl and mix by hand just until combined. Form into 4 large burger patties.
- ☐ When ready to serve, season burger patties generously with salt and pepper and cook burgers to desired doneness on a hot grill or in a skillet on the stovetop (135°F for medium) topping with cheese for the last minute of cooking as desired.
- ☐ Transfer to a plate and allow to rest for 5 minutes.
- ☐ Place onions, lettuce, tomatoes, and pickles (if using) on bottom buns and top with burger patties. Spoon sauce on top of patties, cover with fried shoestring potatoes, and close burgers, pressing down gently until they just hold together.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:114.21, Glycemic Load:21.2, Inflammation Score:-9, Nutrition Score:33.21782632496%

## 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: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 2856.42kcal (142.82%), Fat: 289.3g (445.08%), Saturated Fat: 32.33g (202.03%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 37.05g (13.47%), Sugar: 9.89g (10.99%), Cholesterol: 113.86mg (37.95%), Sodium: 830.91mg (36.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.08%), Vitamin E: 43.73mg (291.56%), Vitamin K: 242.53µg (230.98%), Selenium: 39.96µg (57.09%), Vitamin B1: 0.79mg (52.47%), Vitamin B3: 8.99mg (44.97%), Vitamin B6: 0.8mg (40.15%), Vitamin B12: 2.34µg (39.08%), Zinc: 5.67mg (37.79%), Phosphorus: 354.89mg (35.49%), Iron: 5.93mg (32.92%), Manganese: 0.58mg (28.92%), Vitamin B2: 0.49mg (28.75%), Vitamin A: 1436.76IU (28.74%), Potassium: 917.2mg (26.21%), Folate: 87.54µg (21.88%), Vitamin C: 15.15mg (18.37%), Magnesium: 65.27mg (16.32%), Fiber: 3.88g (15.53%), Calcium: 140.86mg (14.09%), Copper: 0.25mg (12.7%), Vitamin B5: 1.16mg (11.56%)