



Curried Pork Burgers

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons curry paste
- 0.5 cup feta cheese crumbled
- 0.5 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh minced
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper black
- 1 pound ground pork lean

0.3 teaspoon salt

Equipment

bowl

grill

kitchen thermometer

Directions

Preheat a grill for medium-high heat and lightly oil the grate.

Mix pork, feta cheese, cilantro, curry paste, garlic, ginger, cumin, salt, and black pepper in a bowl. Divide mixture into fourths and form a burger from each portion. Refrigerate for 10 minutes (up to 4 hours).

Place burgers on preheated grill, close lid, and grill until an instant-read meat thermometer inserted sideways into the center of a burger reads 160 degrees F (70 degrees C), about 5 minutes per side.

Nutrition Facts

PROTEIN 24.83% **FAT 72.43%** **CARBS 2.74%**

Properties

Glycemic Index:35.25, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:15.128695646058%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 362.23kcal (18.11%), Fat: 28.75g (44.23%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.59g (0.66%), Cholesterol: 98.33mg (32.78%), Sodium: 424.9mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.35%), Vitamin B1: 0.87mg (57.79%), Selenium: 30.98µg (44.26%), Vitamin A: 1410.44IU (28.21%), Vitamin B6: 0.54mg (26.98%), Phosphorus: 267.92mg (26.79%), Vitamin B3: 5.17mg (25.85%), Vitamin B2: 0.43mg (25.4%), Zinc: 3.09mg (20.61%), Vitamin B12: 1.11µg (18.51%), Calcium: 128.33mg (12.83%), Potassium: 368.29mg (10.52%), Vitamin B5: 0.96mg (9.63%), Iron: 1.73mg (9.59%), Magnesium: 28.48mg (7.12%), Vitamin K: 6.8µg (6.47%), Manganese: 0.09mg (4.27%), Copper: 0.07mg (3.72%), Folate: 13.14µg (3.28%), Vitamin C: 2.52mg (3.05%), Fiber: 0.47g (1.88%)