



German Pork Burger

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds ground pork
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon ground juniper berries
- ☐ 1 tablespoon caraway seeds
- ☐ 1 tablespoon pepper black
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 1 teaspoon olive oil extra virgin

- ☐ 4 servings sauerkraut and grain mustard whole to top burgers
- ☐ 4 servings burger buns

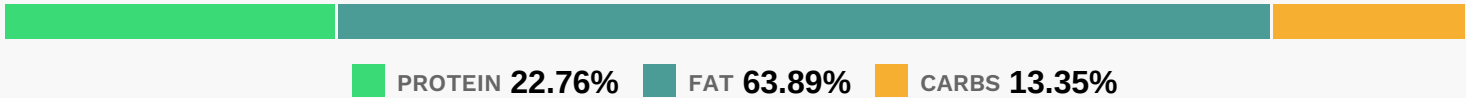
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Make the burger mixture: Using your hands, mix in the salt, ground juniper berries, caraway seeds, and pepper in with the ground pork.
- ☐ Mix in the chopped parsley and sour cream.
- ☐ Form into patties, anywhere from 1/4 pound to 1/2 pound each.
- ☐ Heat a teaspoon or two of olive oil in a frying pan on medium heat.
- ☐ Add the burger patties to the pan, and cook slowly, 4 to 5 minutes each side, until the interior of the burgers reaches a temperature of 155°F.
- ☐ Alternatively, cook on a grill on medium heat, 4–5 minutes each side, until the burgers are cooked through.
- ☐ Remove the burgers from the heat and toast the buns on the pan or grill.
- ☐ Place each burger on a toasted bun half and toss with a dollop of whole grain mustard and a sprinkling of sauerkraut.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:13.11, Inflammation Score:−6, Nutrition Score:30.113478359969%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 777.86kcal (38.89%), Fat: 54.59g (83.99%), Saturated Fat: 19.85g (124.05%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 23.59g (8.58%), Sugar: 3.74g (4.16%), Cholesterol: 171.77mg (57.26%), Sodium: 2145.67mg (93.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.76g (87.52%), Vitamin B1: 1.92mg (127.77%), Selenium: 69.98µg (99.98%), Vitamin K: 66.91µg (63.73%), Vitamin B3: 11.8mg (58.99%), Phosphorus: 469.71mg (46.97%), Vitamin B6: 0.92mg (45.91%), Vitamin B2: 0.7mg (41.19%), Zinc: 5.53mg (36.85%), Vitamin B12: 1.7µg (28.4%), Manganese: 0.5mg (25.21%), Iron: 4.2mg (23.35%), Potassium: 790.18mg (22.58%), Magnesium: 65.17mg (16.29%), Vitamin B5: 1.61mg (16.14%), Folate: 59.08µg (14.77%), Calcium: 134.59mg (13.46%), Copper: 0.2mg (9.79%), Vitamin C: 7.6mg (9.21%), Vitamin A: 438.96IU (8.78%), Fiber: 2.06g (8.25%), Vitamin E: 0.41mg (2.76%)