



## Grilled Caribbean Pork Burgers

 Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground pork lean
- 1 tablespoon lime zest grated
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon ground allspice
- 0.5 teaspoon pepper red crushed
- 0.3 teaspoon salt
- 1 medium onion red cut into 1-inch slices
- 8 slices bread french

1 tablespoon vegetable oil

## Equipment

grill

## Directions

Brush grill rack with vegetable oil.

Heat coals or gas grill for direct heat.

Mix all ingredients except onion, bread and oil. Shape mixture into 4 patties, about 3/4 inch thick.

Cover and grill patties 4 to 5 inches from medium heat 15 to 18 minutes, turning once, until no longer pink in center.

Add onion slices to grill for last 8 to 10 minutes of grilling, turning once, until golden brown.

Brush both sides of bread slices with oil.

Add bread to grill for last 2 to 3 minutes of grilling, turning once, until golden brown.

Serve burgers and onion between bread slices.

## Nutrition Facts



**PROTEIN 19.41%** **FAT 40.1%** **CARBS 40.49%**

## Properties

Glycemic Index:49.88, Glycemic Load:51.86, Inflammation Score:-8, Nutrition Score:26.700869560242%

## Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 689.77kcal (34.49%), Fat: 30.62g (47.11%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 69.58g (23.19%), Net Carbohydrates: 66.05g (24.02%), Sugar: 7.12g (7.91%), Cholesterol: 81.65mg (27.22%), Sodium:

984.87mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.71%), Vitamin B1: 1.75mg (116.87%), Selenium: 64.71µg (92.44%), Vitamin B3: 11.17mg (55.84%), Vitamin B2: 0.83mg (48.57%), Folate: 168.84µg (42.21%), Manganese: 0.74mg (36.91%), Iron: 6.22mg (34.55%), Phosphorus: 342.65mg (34.27%), Vitamin B6: 0.61mg (30.62%), Zinc: 3.9mg (25.98%), Magnesium: 66.86mg (16.71%), Potassium: 527.45mg (15.07%), Fiber: 3.54g (14.15%), Vitamin B12: 0.79µg (13.23%), Copper: 0.26mg (13.2%), Vitamin B5: 1.23mg (12.26%), Calcium: 93.85mg (9.38%), Vitamin K: 7.53µg (7.17%), Vitamin C: 4.17mg (5.05%), Vitamin E: 0.65mg (4.34%), Vitamin A: 108.47IU (2.17%)