



Grilled Pork Burgers Indochine

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



972 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons brown sugar (palm sugar)
- 6 interior butter lettuce leaves
- 0.3 cup vietnamese fish sauce (nuoc mam)
- 0.3 cup cilantro leaves fresh finely chopped
- 2 teaspoons ginger fresh grated
- 2 teaspoons garlic minced
- 2 green onions finely chopped
- 2 tablespoons juice of lime fresh

- 0.8 cup mayonnaise
- 0.3 cup chunky peanut butter
- 2 pounds fatty pork freshly ground
- 1 teaspoon sriracha hot
- 0.5 teaspoon ground star anise
- 6 rolls split french
- 0.3 cup thai basil leaves fresh finely chopped
- 6 servings vegetable oil for brushing the grill rack

Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium high.
- For the Dressing: combine the mayonnaise, basil, cilantro, green onions, and lime juice in a bowl. Cover and refrigerate.
- For the Patties: combine the fish sauce, jaggery, and chili sauce in a medium bowl.
- Add the pork, peanut butter, ginger, garlic, and star anise and blend loosely with a fork. Form into 6 equal patties the approximate dimensions of the rolls, making a slight depression in the middle of the patties to compensate for the tendency to bulge during cooking.
- Brush the grill rack with oil. Grill the patties with the grill top closed for 4 minutes. Turn and grill until an instant-read thermometer inserted into the center of the patties registers 160 degrees F, about 4 minutes longer.
- During the last 2 minutes of grilling the patties, place the rolls, cut side down, on the grill to toast.
- To assemble the burgers: spread the roll bottoms with a thin layer of dressing, followed by a lettuce leaf.
- Add the patties and top with generous dollops of the dressing.

Add the roll tops.

Nutrition Facts

PROTEIN 14.25% **FAT 69.3%** **CARBS 16.45%**

Properties

Glycemic Index:53.5, Glycemic Load:23.49, Inflammation Score:-6, Nutrition Score:26.493912494701%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 971.8kcal (48.59%), Fat: 74.81g (115.09%), Saturated Fat: 18.41g (115.05%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 37.95g (13.8%), Sugar: 9.02g (10.02%), Cholesterol: 120.62mg (40.21%), Sodium: 1374.01mg (59.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Vitamin K: 101.35µg (96.52%), Vitamin B1: 1.14mg (76.18%), Iron: 12.8mg (71.1%), Selenium: 39.5µg (56.42%), Vitamin B3: 8.35mg (41.76%), Vitamin B6: 0.71mg (35.26%), Phosphorus: 319.73mg (31.97%), Zinc: 3.76mg (25.07%), Vitamin B2: 0.4mg (23.82%), Vitamin E: 3.15mg (20.97%), Vitamin B12: 1.14µg (18.97%), Magnesium: 69.64mg (17.41%), Potassium: 606.43mg (17.33%), Manganese: 0.28mg (13.76%), Vitamin A: 673.91IU (13.48%), Vitamin B5: 1.24mg (12.35%), Folate: 38.48µg (9.62%), Fiber: 2.02g (8.08%), Copper: 0.15mg (7.32%), Vitamin C: 4.84mg (5.87%), Calcium: 57.26mg (5.73%)